# **Body Image Presentation**

### April 24, 2024

## 1:30pm-3:30pm MST

This group will focus on working to build a more positive relationship with yourself and your body. We will explore the effects of social media and ways to increase acceptance in ourselves and our communities.

\*\*Please note that this session <u>will not</u> be recorded or uploaded to our website. This session will be a psychoeducational style session, and our presenter would like to keep discussions with participants confidential and within the group. Thank you!



#### Learning Outcomes:

- Learn ways to feel about and/or accept our bodies
- Learn the effects of media on self-esteem and our sense of self
- Learn to recognize the signs of an eating disorder and when to reach out for help

### Speakers:

Jennie Mendoza, RNBN Registered Nurse; The Silver Linings Foundation - Program Manager / Community Navigator; Experience working with First Nations in the Alberta Children's Hospital Psychiatric Department, Mental Health Pediatric Inpatient Care Unit, the Calgary Eating Disorders Program, and Unit 4 (trauma, surgery, eating disorders)





Target Audience: This session is for anyone 18 years of age and older and has ever wanted to feel better about themselves or their bodies

Please register for session at: <a href="https://fntn.ca/Home/Register-VC?eid=20858">https://fntn.ca/Home/Register-VC?eid=20858</a>

To access this session from zoom:
<a href="https://fntn.zoom.us/j/83383">https://fntn.zoom.us/j/83383</a>
O31079

Meeting ID: 816 3102 7138 Passcode: 727294

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#### To join via internet browser

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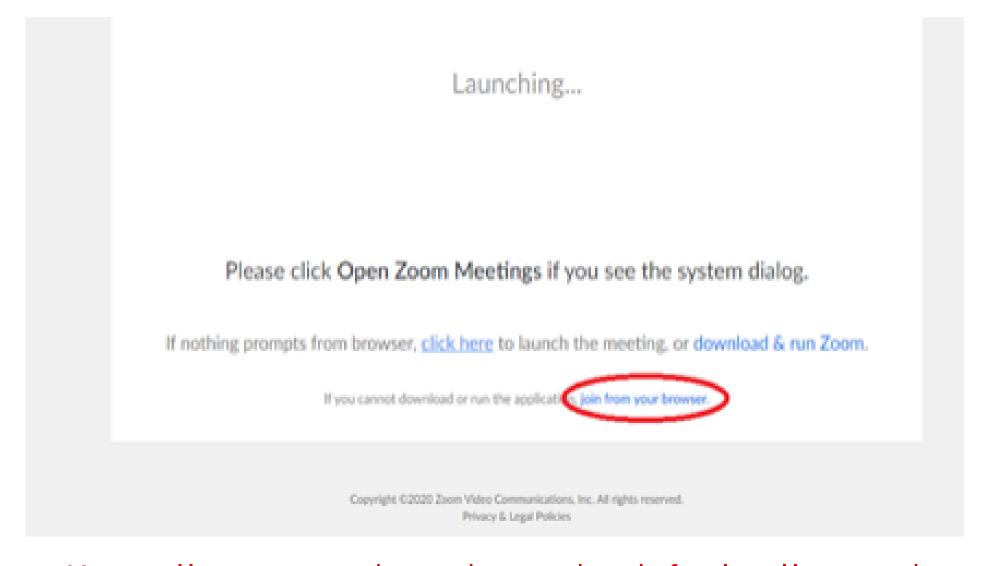
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

#### To join Via Zoom apps:

1. Please click the link below to join the webinar:

https://fntn.zoom.us/join

- 2. Enter Meeting ID: 816 3102 7138
- 3. Passcode: 727294
- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file
- 6. After the file has been installed, you will be ask to enter your "email" and your "name"
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