

Helping Young People Develop Positive Relationships with Food, Body, and Movement

April 18, 2024

10:00-11:00am MST

Join this session to learn why children and youth need direct support and examples to develop healthy and moderate approaches to food and movement in order to have a positive body image. Practical strategies, ideas, and resources will be offered to guide adults in knowing how to help the young people they care about



Learning Outcomes:

- How diet culture and weight bias impact body image
- Misconceptions about weight
- Language suggestions around food, body, and movement
- Research-supported methods for parents to promote healthful eating and physical activity

Speakers:

Elizabeth Tingle, BEd, MA. Teacher, researcher, mother of 3 school-aged children and current Research Coordinator for the Body Image Research Lab at the University of Calgary



Target Audience: Parents, grandparents, aunts/uncles, educators, and anyone else who works with kids and young adults

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21131>

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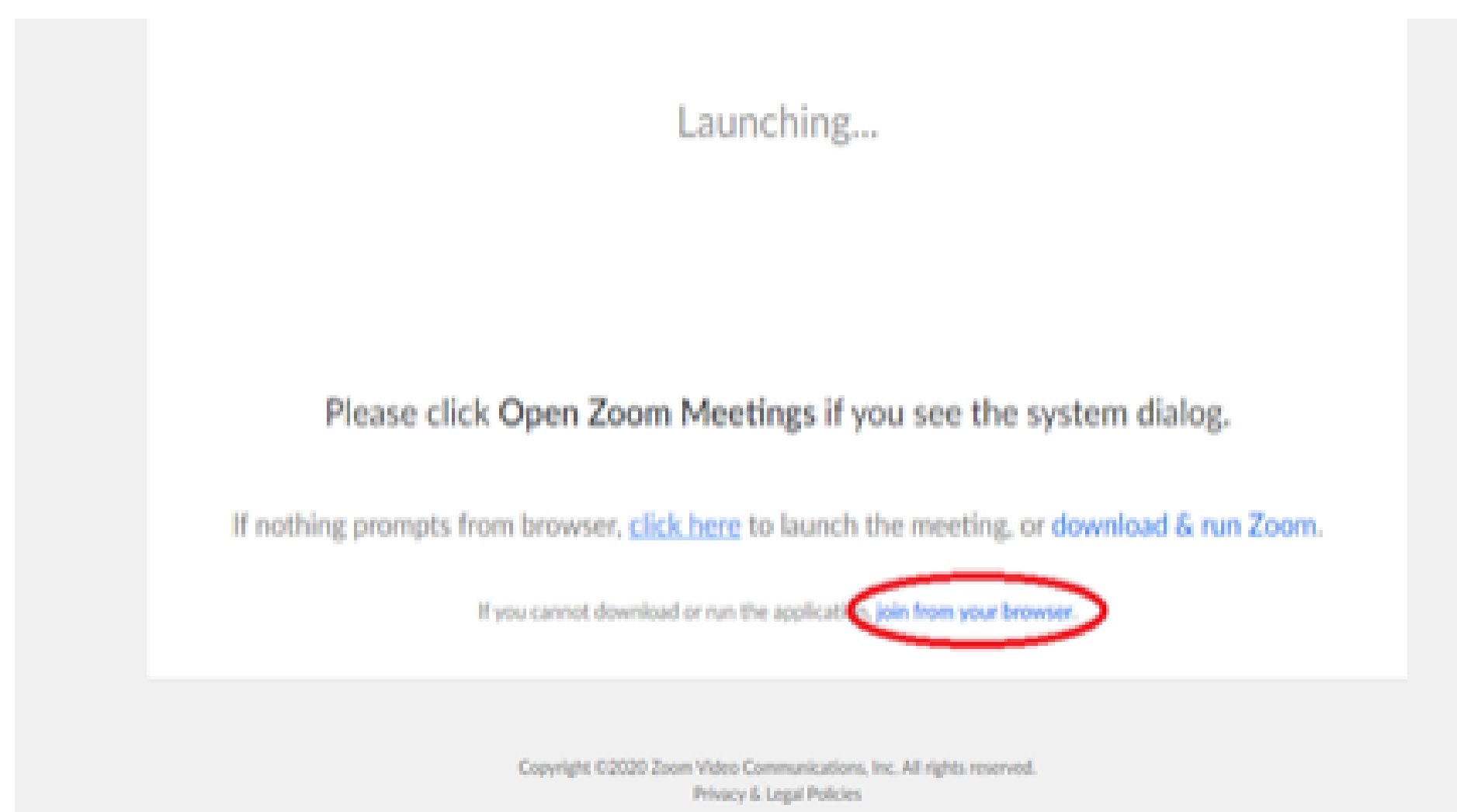
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