



FREE BODY ESTEEM STUDENT WORKSHOPS & PRESENTATIONS

The BDCU Children's Foundation, in partnership with The Butterfly Foundation – Australia's leading not-for-profit supporting all those affected by eating disorders and body image concerns - is delighted to offer schools in the Southern Highlands FREE body esteem workshops and presentations. Body image is consistently reported as a major personal concern for young people and body dissatisfaction is a significant risk factor for eating disorders.

WHAT'S ON OFFER?

Interactive, engaging, evidence-based and age appropriate sessions (full details on **attached sheet**) addressing some of the known risk factors that can contribute to negative body image and eating disorders.

REGISTER YOUR INTEREST NOW

Butterfly will be in the Southern Highlands between 10th and 12th August 2015. The cost of the sessions (usually \$500 plus GST) are being met by the BDCU Children's Foundation. Spaces are limited to approximately 6 - 8 sessions overall. Schools can opt for workshops 1.5 – 2hrs (max 30 students) or presentations 50 mins – 1hr (whole-year groups) . There is a maximum of 2 sessions per school.

*To register your interest, please fill out the details below and email to **Skye Leicester** kennerton@bigpond.com **no later than Tuesday, 9th June.** Once all applications have been received Butterfly will contact you regarding your preferences.*

| Session 1 | Session 2 |
|------------------------------|------------------------------|
| Session Title: | Session Title: |
| Workshop or Presentation: | Workshop or Presentation: |
| Number of students: | Number of students: |
| First Choice Date and Time: | First Choice Date and Time: |
| Second Choice Date and Time: | Second Choice Date and Time: |

These sessions form part of a whole-community approach to addressing body image concerns. A youth day, parent session and professional development workshop will also be available. Details to follow.

Supported by Berrima District
Rotary
Club 

For more information contact:
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Butterfly
Foundation for Eating Disorders