

## ***Loving Yourself Inside and Outside***

FREE WORKSHOP FOR PRETEENS, TEENS AND ADULTS

*When you look in the mirror, do you like what you see?*

*Do you feel like your teen or preteen doesn't have enough self-confidence?*

People with negative body image have a greater likelihood of developing an eating disorder and are more likely to suffer from feelings of depression, isolation, low self-esteem, and obsessions with weight loss.

***Attend this free workshop to learn what you need to know about body image and its impact on you and your children.***

**Where:** Dublin Library Community Room, 100 Civic Plaza, Dublin, CA

**When:** Friday, 12/11/09 - 6:30pm to 8:00pm.

**Who:** Jila Behnad, Pre-Licensed Marriage and Family Therapist # 59962



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Please RSVP: [info@jilabehnad.com](mailto:info@jilabehnad.com)