

The Parenting Center & The Elementary School PTAs Present

# Raising Children to be Emotionally Healthy Eaters

Join us  
for an informative educational workshop

This workshop will help parents understand what is involved in raising children to have an emotionally healthy relationship with food. For example - not use food for comfort. Case material will be presented and techniques and tools to use in your household to promote healthy emotionally eating will be offered.

We have an abundance of information in our culture on how to eat healthy yet the incidence of disordered eating continues to grow.



40%  
Of 9-year-old  
girls dieted.



80%  
Of 13-year-old  
girls have dieted.

With

**Suzanne  
Rubinetti, LCSW**

Suzanne Rubinetti is a therapist in private practice. Her area of expertise is disordered eating and body image. She has been working with women of all ages for 30 years - helping them develop a healthy relationship with food and their bodies.

[www.heal-thyeating.com](http://www.heal-thyeating.com)

If Barbie was real ...  
she would be 6 feet tall and  
weigh 100 pounds

**Tuesday April 23<sup>rd</sup>**

**7:30pm**

**Tuscan School**

25 Harvard Rd.

Maplewood, NJ