



## **Prevention and Education Programs for Schools**

White Pine Center for Healing offers presentations and evidence based programs to educate communities eating disorders and body image issues. We also provide eating disorder prevention programming.

Our programming can be tailored to meet the needs of particular organizations and groups.\*

### **The Perfect Storm**

Myths and facts about eating disorders, risk factors, signs and symptoms, health consequences, how to get help or help someone else.

### **How to Raise an Intuitive Eater**

What parents, caregivers and schools can do to promote a healthy relationship with food.

### **The Body Project**

4 session, evidence based, cognitive dissonance program for small groups of at risk teen girls.

*\*cannot be modified*

### **Love Your Tree**

One session workshop focusing on positive body image through art, for schools and youth groups

