

**Love Your Body:  
Promoting Positive Body Image and  
Preventing Eating Disorders in  
Children, Adolescents, and Young Adults**



**Presented By:**

**Center for Weight and Health  
University of California, Berkeley**

**When:**

**February 14, 2002  
8:00am - 4:45pm**

**Location:**

**Clark Kerr Campus  
University of California, Berkeley**

**Sponsored By:**

**UCB Student Health Services  
UC Division of Agriculture & Natural Resources  
Genentech Inc.**



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## PROGRAM

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8:00 Registration & Continental Breakfast

8:30 What is the problem? Scope and Trends  
-Joanne Ikeda, Co-Director Center for Weight & Health, UC Berkeley

8:45 Loving The Body You Have Right Now  
-Lisa Tealer, Diversity Manager, Genentech Inc.  
-Marilyn Wann, Author: *Fat! So? Size* Acceptance Activist

10:00 Break

10:30 Preventing versus Promoting Eating and Weight Problems  
-Jennifer O'Dea, Faculty, University of Sydney, Australia

12:00 Lunch

12:45 Introducing Champion Programs - Moderated by Arnell Hinkle, Executive Director  
California Adolescent Nutrition & Fitness (CAN Fit) Program

1:30-2:15 Workshops with Champion Programs (4 concurrent workshops)

- 1) Girls Inc.
- 2) Mission Girls
- 3) Body Positive
- 4) UC Campus Programs

2:30-3:15 Repeat of Workshops

3:15 Break

3:30 Raising Body Positive Kids: Parents and Kids Speak Out  
-Moderated by Pat Lyons, Co-Author of *Great Shape*,  
Center for Weight and Health Steering Committee

4:30 Wrap-Up: Where Do We Go From Here...

4:45 Adjourn

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## EDUCATIONAL OBJECTIVES

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1. Participants will know the statistics regarding the prevalence of poor body image, body dissatisfaction, and eating problems among youth in the U.S.A.
2. Participants will discuss the interaction between body image, body satisfaction, self-esteem, dietary patterns, exercise and other health habits.
3. Participants will experience at least two programs that promote positive body image, body satisfaction, high self-esteem, and positive health habits in multicultural children and youth.
4. Participants will identify at least one action they can take to promote positive body image and body satisfaction among clients of all ages, sizes, and shapes.

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## REGISTRATION

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Registration Fee: \$50 (including meals & materials)  
Send Fee with Completed Registration Form (attached)

**DEADLINE: February 7, 2002**  
**THERE WILL BE NO ON-SITE REGISTRATION**

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## DIRECTIONS

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The Clark Kerr Campus is located at 2601 Warring Street, on the south side of the University of California Berkeley Campus. Pass the main horseshoe shaped driveway to the next entrance for parking in the Southwest Parking Lot. See a map of campus at <http://www.berkeley.edu/map/>

**Parking is Available for \$8. You can pay the attendant who will be at the lot. Receipts will be given.**