



The Center for Eating Disorders
AT SHEPPARD PRATT

Presents a
Free Workshop
Open to
the Public

SATURDAY,
NOVEMBER 8, 2014
FROM 2-4PM

The Conference Center
at Sheppard Pratt
Baltimore, MD



CULTIVATING BODY RESPECT FOR

Every body

A COMMUNITY EVENT FEATURING
Linda Bacon, Ph.D.

CULTIVATING **BODY RESPECT** FOR

Every body

The Conference Center at Sheppard Pratt
6501 N. Charles St., Baltimore, MD 21204

Join us for an inspiring workshop as Dr. Linda Bacon debunks traditionally-held beliefs about the relationship between weight and health and celebrates the natural diversity of bodies. Backed by a breadth of new evidence, she will expose popular weight myths and ease concerns that dieting is an essential part of attaining a healthy or desirable body. All are welcome as Dr. Bacon translates the latest science into practical advice and encouragement.



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ABOUT THE SPEAKER: Linda Bacon, PhD, is a researcher on the inside track of weight regulation science. She is currently a Health Professor at City College of San Francisco and an Associate Nutritionist at the University of California, Davis. An internationally recognized authority on weight and health, Dr. Bacon has published her work in top scientific journals as well as the highly acclaimed bestseller, *Health at Every Size: The Surprising Truth about Your Weight*. Her latest book, *Body Respect: What Conventional Health Books Get Wrong, Leave Out, or Just Fail to Understand about Weight*, co-authored by Lucy Aphramor, is a crash course in what you need to know about bodies and health.

ATTENTION HEALTH PROFESSIONALS: Visit eatingdisorder.org/events for information about our upcoming professional workshop featuring Linda Bacon.

Guaranteed seating to those who RSVP online at eatingdisorder.org/events or by calling (410) 427-3886.



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