

On March 3rd, The Body, Beauty, and Bravery Project presents...

Body, Beauty, and Bravery, Part 2: The 'skinny' on obesity and an update on body image issues for boys and girls

Saturday, March 3rd, 10:00-11:30am

East Cobb Presbyterian Church Sanctuary, 4616 Roswell Rd. Marietta, GA. 30062

Is America's waistline really growing in epidemic proportions? How did we get so fat? What do we do to change things to not only help ourselves, but help our children? It seems like healthy messages abound and the word has been getting out for years about positive lifestyle changes, but the numbers are the same. *Or are they?*

Let's take a closer look the morning of March 3rd. **Body, Beauty, and Bravery Part 2** promises to be an entertaining but enlightening experience for both parents and kids. You will walk away with a clear idea of:

- How body image affects positive lifestyle choices
- A perspective of obesity in this country based on facts and trustworthy sources
- A clear idea of what mindful eating looks like
- Lots of new opportunities to implement new ideas

This message is also appropriate for professionals like school counselors, medical professionals, physical education teachers, and politicians who enjoy quoting facts, not fiction.

This event is **no charge**, but there will be raffles offered to help raise funds for **Project Authentic Beauty's** summer camp for girls.

Alison Cross, owner and founder of The Body, Beauty, and Bravery Project™ will be the primary speaker featured at this event. You can learn more about Alison and the Project at www.bodybeautybravery.com. Julie Brake, MS, RD, LD of Positive Nutrition will also be a speaker. For several years she's helped individuals break the dieting cycle and come to peace with their bodies and their food choices. More can be learned about her program at www.PositiveNutrition.net.