

The Safe Community Coalition Presents

Donna J. Schwartz, L.I.C.S.W

# Nourishing a Healthy Body Image



Have you ever wondered:

- What to say to your daughter who comes home saying her friends have called her fat?
- What to say to your child who mentions to you that her counselor at camp reported that she doesn't eat breakfast or lunch to stay thin?
- What to say to your daughter who says she wants to know how many calories or fat grams are in a food because she doesn't want to get fat?
  - Is there a way to prevent eating disorders?

Please join us for this special evening featuring Donna Schwartz to discuss these and many other issues related to body image.

This program is designed for parents of Kindergarten through 6th grade students, but all are welcome.

When: Tuesday, November 28, 2006 from 7:00 pm – 9:00 pm

Where: McLean Community Center, 1234 Ingleside Avenue, McLean, VA  
There is no fee for this event. So we can properly plan for this program, please register at [www.safecommunitycoalition.net/events.html](http://www.safecommunitycoalition.net/events.html)

Donna J. Schwartz, L.I.C.S.W has been in private practice as a psychotherapist for fourteen years. Her specialties include women's mood disorders and eating disorders. She received her Master's of Social Work from Catholic University of America and her Bachelor of Science from the University of Maryland.

For more information, contact Michelle Sandler,  
Board of Directors of the Safe Community Coalition  
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