

HONORING OUR BODIES

Workshop for Women



HEALTH AT EVERY SIZE

WEDNESDAY, APRIL 5, 2017 • 6:00 PM – 7:30 PM

THE RENFREW CENTER OF CHARLOTTE
6633 FAIRVIEW ROAD • CHARLOTTE, NC 28210

Today, more than ever, society and media have a major impact on the way people perceive their bodies and what “healthy” means to them. Interest in Health At Every Size (HAES®), a weight-neutral, evidence-based alternative to disease prevention and human wellness, is on the rise as an alternative to the traditional weight loss messages. The Renfrew Center of Charlotte will be offering a workshop on these principles.

In this workshop, attendees will gain an understanding of how:

- HAES offers an alternative approach to health improvement that is weight neutral
- HAES is our best bet at helping without harming, without unintended negative consequences
- HAES offers us a chance to see health within the context of the whole person and the complex factors that affect our wellbeing
- HAES offers us a chance to examine our own biases about weight and body size

Open to alumni, professionals and the community.

PRESENTED BY:



Annie Goldsmith, RD, LDN
Registered Dietitian, The Renfrew Center of Charlotte

RSVP by Monday, April 3rd to:

Ashley Smith, MEd, LPC • asmith@renfrewcenter.com

1-800-RENFREW (736-3739) • www.renfrewcenter.com