



# Balancing the Scale in a Selfie World

**How can I communicate...**

- **EMPOWERING SELF-IMAGE IN A POSITIVE WAY**
- **MEDIA'S IMPACT ON BODY IMAGE**
- **WARNING SIGNS: DIFFERENTIATING BETWEEN HEALTHY EATING AND RESTRICTING**

**These are just some of the issues that will be addressed by the BHHS PTSA Wellness Committee.**

We promise an evening filled with invaluable information addressing the subject of:  
**Body Image: Inside and Out.**

Don't miss a truly powerful 5 minute video beginning at 7:00 p.m. Teens are welcome to attend the presentation.

**Panelists include:**

- Dr. Joanna Bronfman, MS, LCSW, Psy.D, Founder and Clinical Director of Backcountry Wellness, LLC, in Greenwich, CT, a comprehensive program providing intensive outpatient treatment for eating disorders.
- Molly Gerster, RD Nutritionist guiding clients toward a healthy balance.

**Monday, March 20, 2017**

**BHHS Auditorium**

**7:00 PM**

Q&A following