

Georgia PTA & Peachford Hospital

Wednesday, February 20th, 2008
10:00am – 11:30am

“When Dieting Crosses the Line How Parents Can Address Childhood Eating Problems” **Presenter is Dr. Dina Zeckhausen**

Free Program for Family Members, School Counselors & other Mental Health Professionals

Peachford Hospital and the Georgia PTA welcome Dr. Dina Zeckhausen, the founder and Executive Director of the non-profit **Eating Disorders Information Network, (EDIN)**. She presents nationally on eating disorders and has been featured on *The Today Show, The Insider, Entertainment Tonight, The Food Network, CNN* and *Headline News*. EDIN's "M.O.D. Squad" (Moms of Daughters) program supports mothers in raising healthy girls. For more information about the Eating Disorders Information Network visit www.MyEdin.org.

This **free** conference will address how concerned parents can raise physically and emotionally healthy children in a crazy culture of Super-Sized Meals and Zero-Size models. Dr. Zeckhausen will offer helpful advice for parents to negotiate the minefield of Food and Feelings.

Questions that will be addressed are:

- How can I focus on healthy eating without becoming obsessed?
- When should I be concerned about my child's recent weight gain/loss?
- How can I help my child cope with peer influences surrounding food and body image?
- How do I prevent my own food issues from affecting my child?
- What role do genetics, peer influences, family dynamics and the media play in the development of eating problems?

Dr. Zeckhausen is the author of *Full Mouse, Empty Mouse (Magination Press, 2007)* the first children's book devoted to eating disorder prevention. EDIN offers a "*Love Your Body Week*" program for grade school children based on the book.

For more information contact Pat Giuliani, Georgia PTA Youth Services Chairperson, Pat.Giuliani@parentcorps.org or Margot Houser, Account Manager, Peachford Hospital at 770-986-1821 or mhouser@houserwalker.com.

Directions to Peachford Hospital, 2153 Peachford Rd., Atlanta, GA 33038

From Marietta, Roswell, I-75, GA 400, 285 East

Take **285 East to Exit 30**, Chamblee Dunwoody/Shallowford Road/N. Peachtree Road, go straight through the first light, turn left at the next light onto Shallowford Rd, turn right at the second light onto Peachford Road, Peachford Hospital is ½ mile on the left. The conference center is the first building on the right.

From Stone Mountain, Dekalb, I-85, 85 West

Take **285 West to Exit 30**, N. Peachtree Road/Chamblee Dunwoody/Shallowford Road, at the end of the ramp, turn right onto N. Peachtree Rd. Go through a school zone then left onto Peachford Road, Peachford Hospital is ½ mile on the left. The conference center is the first building on right.