

# Nourish<sup>©</sup>

A smorgasboard of training ideas to promote body confidence, self-esteem and critical thinking for young people.

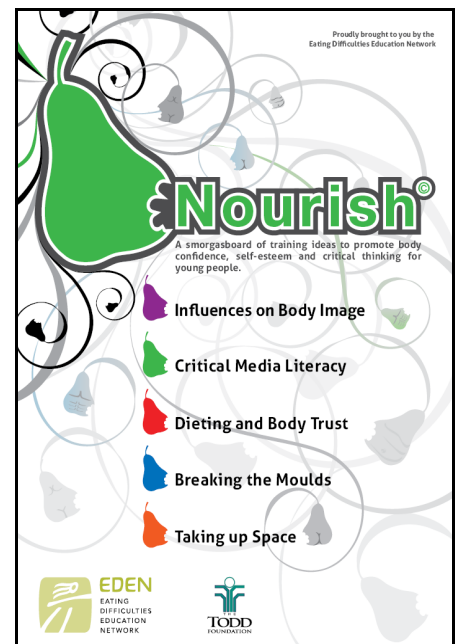
Nourish is a comprehensive training and resource pack for those providing education, support, or health promotion to young people.

## The Nourish Workshop includes:

- 4 hour training
- Nourish resource pack– includes activities, workshops
- Facilitator's guide – includes tips, ideas, key questions
- Safety Guide - includes warning signs and ideas on how to support those with eating difficulties
- "At War With Our bodies" DVD
- Lunch included

## Nourish training resources/activities help young people:

- Understand & deal with thoughts & feelings about physical appearance,
- Develop critical thinking skills,
- Examine influences on body Image with a particular focus on the media,
- Practice listening to & appreciating their bodies,
- Learn health practices around food and exercise,
- Celebrate diversity in themselves & others and challenge appearance bullying,
- Identify ways to create "body-safe" environments.



Nourish's creative activities, discussions, DVD, images & worksheets, allow these issues to be explored in a variety of learning styles. The activities and ideas can all be used individually, in small groups, or with bigger groups.

## Workshop Details

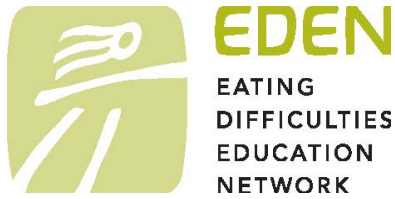
**When:** Thursday 10th November 2011, 10am – 2.30pm,

**Where:** At EDEN – 395A Manukau Rd, Epsom, Auckland

**Cost:** Community Group / School / Student: \$160.00

Private Practice / Business / Government Organisation: \$210.00

**Lunch:** Included



## REGISTRATION FORM

EDEN (Eating Difficulties Education Network) is offering Nourish training to those who work with young people. Nourish offers a smorgasbord of training ideas to promote body confidence, self-esteem & critical thinking for young people. Through creative activities, discussions, a DVD, images & worksheets, students are able to explore these issues in a variety of learning styles.

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\$210.00 - Private Practice / Business / Government Organisation:

**Lunch:** Included

To register please email the details below to [admin@eden.org.nz](mailto:admin@eden.org.nz); or complete and post the slip below to EDEN, PO Box 26713, Epsom 1344.

### Registration Slip for the “Nourish” Workshop, Auckland, Thursday 10<sup>th</sup> November,

Full Name: \_\_\_\_\_ Position: \_\_\_\_\_

Organisation: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Postal Address: \_\_\_\_\_ Post Code \_\_\_\_\_

Special dietary requirements:  Vegetarian  Gluten free  Dairy free  Other \_\_\_\_\_

#### Payment:

My cheque is enclosed (post to EDEN, PO Box 26 713, Epsom, Auckland 1344)

I have paid directly into EDEN's bank account:

ASB Account # 12-3077-0329692-00

Particulars: Nourish

Reference: [Your Name]