

Nourish[®]

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

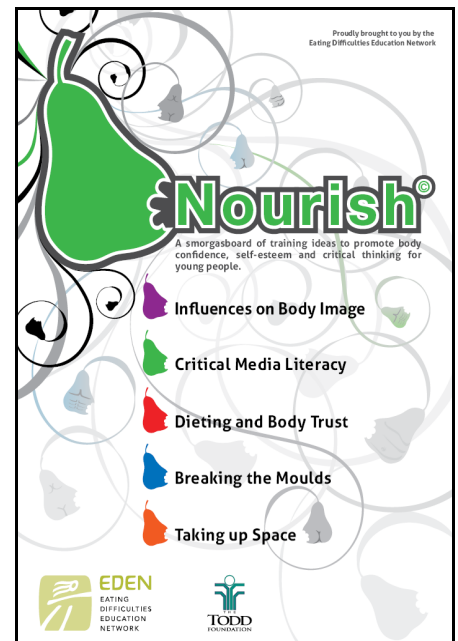
Eden, New Zealand's leading community provider of eating difficulties support, proudly presents Nourish; a comprehensive training and resource pack for those providing education, support, or health promotion to young people.

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 and 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: Tuesday 28th of February 2012, 4.00pm – 8.30pm

Where: At Eden – 395A Manukau Rd, Epsom, Auckland

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

Private Practice / Business / Government Organisation: \$210.00

Light Dinner: Included



REGISTRATION FORM

Eden 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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To register please email the details below to 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, Tuesday 28th of February 2012.

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]