



Conversations on Nutrition & Body Image

This presentation brings awareness to our language, dialogues and conversations around food, body and how it affects our children. How often do we say “that’s not healthy” when our children choose a certain food or point out how their body looks? In a diet-obsessed, body-focused and social-media-driven society, we must navigate the challenge of cultivating healthy relationships to food and body to ourselves and our kids. Let’s get the conversation started!



November 16, 7:00 p.m.

Online: <https://tinyurl.com/bdpfw8dn>

Maria Sorbara Mora is the Founder and Exec. Dir. of Integrated Eating Dietetics-Nutrition PLLC. She is a registered dietitian, eating disorder specialist, and certified yoga therapist. Maria’s practice includes trauma-informed nutrition guidance, meal support, yoga therapy and intuitive movement, groups, clinical supervision, and professional training.



RSVP HERE for a chance to win a \$50 gift card for EPG Lynbrook
must be in attendance to win



Questions? Please email: andreiadavies@gmail.com

This is not a school sponsored event.

Approved for distribution & posting
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