

# Ending the War with Our Bodies: How to Obtain a Positive Body Image

**January 31, 2015, 12:00pm – 1:30pm**

**A free panel discussion with:**



CARMEN SAUCIER



CARALYNNE MCLEAN



CAITLIN O'REILLY



HELEN YEUNG

**Moderated by:**



VICTORIA MAXWELL

Experts, and individuals who have struggled with body-image, talk about self-esteem, eating disorders, prevention awareness, and early intervention of eating disorders.

This panel discussion is in recognition of Eating Disorders Awareness Month will include a recovered individual, a therapist, and a dietitian who specializes in eating disorders.



## EVENT LOCATION

VANCOUVER PUBLIC LIBRARY - CENTRAL BRANCH  
350 WEST GEORGIA ST., VANCOUVER  
ALMA VANDUSEN AND PETER KAYE ROOMS, LOWER LEVEL

**For more information:** [pedaw@familyservices.bc.ca](mailto:pedaw@familyservices.bc.ca) or [bit.ly/pedaw\\_vpl](http://bit.ly/pedaw_vpl)

**A partnership event:**



The Provincial Eating Disorders  
Awareness (PEDAW) campaign



Vancouver Public Library  
[www.vpl.ca](http://www.vpl.ca)