



WATERSTONE & WE Well-being present
Foundation for Eating Disorders

LIVE LIFE *unfiltered*

Let's celebrate **BODY CONFIDENCE** and take action to promote **DIGITAL WELL-BEING**. Join youth activists **Teagan and Keisha Simpson**, expert psychologists **Dr. Madalyn Marcus** and **Dr. Heather Wheeler** and four time olympian **Silken Laumann** for this free family friendly event (*for ages 11+*) to promote mental well-being.

Objectives of Workshop:

- INCREASE** awareness and take action to promote mental well-being
- UNDERSTAND** the importance of body confidence and media literacy
- ENHANCE** knowledge about eating disorder prevention and resources

Saturday October 5th, 2019

9:00 am - 12:00 pm

Registration and breakfast served at 9:00am

Presentations commence at 9:30am

WE Global Learning Centre

339 Queen St East, Toronto, ON M5A 1S9

THANK YOU TO OUR SUPPORTERS



Foundation



Canadian Mental Health Association

Space is limited. To reserve your spots for in-person or online attendance, visit:

<https://www.eventbrite.com/e/live-life-unfiltered-tickets-71092460463>

Registration closes **Tuesday October 1st, 2019**