

Ψ Westchester County Psychological Association

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**School Division Meeting**  
*co-sponsored with*  
**Chapter L of NYASP**

**“ Eating Disorders in a Selfie World ”**

**Friday March 16, 2018**  
**Little Theater of Scarsdale High School from 8:00-10:30 a.m.**  
**(8-8:30 schmoozing and coffee)**

**Presented by Social Worker/Psychologist:**  
**Dr. Joanna Bronfman**

Please join us for an urgently needed conversation about social pressure in our image-obsessed culture. Eating disorders in the social media age are proliferating. Every visual suggests that we do not measure up, prods us to eat less and leads us to strive toward an unattainable ideal of beauty. Dr. Bronfman will discuss the effects of the selfie culture on self-image and self-worth. Additionally, she will discuss body image influences and ways to promote positive self-image. Finally, she will present on various warning signs for eating disorders and ways to create a healthy relationship with food.

*Dr. Joanna Bronfman is the Founder and Clinical Director of Backcountry Wellness, LLC. She is an expert thought-leader in the field of eating disorders who has spent years designing a supportive program that supports emotional, behavioral, nutritional, and spiritual growth. As a Psychologist, Clinical Social Worker, and Educator, Dr. Bronfman is uniquely qualified to understand the struggles adolescents and adults go through when facing an Eating Disorder. Under Dr. Bronfman's leadership, Backcountry Wellness has become a premier treatment program in Fairfield County.*

**RSVP by replying to this email by March 13, 2018**

**NYASP and WCPA members are admitted without charge**  
**Non-member fee \$15.00 (Cash or checks only)**