

Mother-Daughter Makeovers from the Inside Out: A Day of Empowerment for Women and Girls

(ages 10 and up)

Keynote Speaker:

Courtney E. Martin

Award-winning author of
*Perfect Girls, Starving Daughters:
How the Quest for Perfection is
Harming Young Women.*

Saturday

October 18th

9:30 AM – 2:30 PM

Summit Medical Group

1 Diamond Hill Road
Berkeley Heights, NJ



**SUMMIT
MEDICAL
GROUP**



EDANJ

**EATING DISORDERS
ASSOCIATION**

of New Jersey



Mother-Daughter Makeovers from the Inside Out: A Day of Empowerment for Women and Girls (ages 10 and up)

Saturday, October 18th, 2008 | 9:30 AM – 2:30 PM, Summit Medical Group

This workshop will actively engage women and girls as they explore and challenge their beliefs about themselves, their bodies and body image.

Schedule:

9:30 – 10:00 AM
Registration

10:00 – 12:00 PM
Welcome and Introductions
Morning Session

12:00 – 12:45 PM
Lunch (provided)

12:45 – 2:00 PM
Afternoon breakout sessions for
mothers and daughters

2:00 – 2:30 PM
Wrap-up

2:30 PM
Book signing

Keynote Speaker:

Courtney E. Martin is the award-winning author of *Perfect Girls, Starving Daughters: How the Quest for Perfection is Harming Young Women* called “a hardcover punch in the gut” by Arianna Huffington and “a smart and spirited rant that makes for thought-provoking reading” by the *New York Times*. She is also a widely-read freelance journalist and regular blogger for *Feministing*—the most popular blog for young women on the internet. She is a columnist on political and youth culture for *The American Prospect Online* and her work has appeared in the *New York Times*, the *Washington Post*, *Newsweek*, and the *Christian Science Monitor*, among others.



Courtney co-wrote the life story of Marvelyn Brown, called *The Naked Truth: Young, Beautiful and (HIV) Positive*, just released in August on HarperCollins. In addition, she has essays in many anthologies, including *A 21st Century Ethical Toolbox* (Oxford University Press), and *Declare Yourself: Fifty American Talk About Why Voting Matters* (Greenwillow Books, HarperCollins). She has been on the TODAY Show, the O'Reilly Factor, and MSNBC, and spoken on radio programs and at colleges, non-profits, and parenting organizations across the nation. Finally, she is the Director of Undergraduate Programs at the Op-Ed Project. Read more about her work at www.courtneyemartin.com.

Breakout Session:

Suzanne Rubinetti, MSW, LCSW received her bachelor degree from Penn State University and masters degree from New York University. She has been involved in the field of eating disorders for 20 years and currently holds a private practice in Summit, NJ. Suzanne has done many presentations on eating disorders.

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Seating is limited. Registration is \$20.00 per person by October 10, 2008; \$25.00 after October 10 or at the door, space permitting.

Summit Medical Group
Berkeley Heights Campus
1 Diamond Hill Road
Berkeley Heights, NJ

Visit www.smgnj.com for directions.

The Berkeley Heights campus is easily located off of Route 78, Exit 43, at the intersection of Diamond Hill Road and Mountain Avenue.

Attendees should park in Parking lots #1 or #2 and enter through the Lawrence Pavilion entrance in order to get to the cafe, where the event is being held.

Registration Form:

Please make checks payable to EDANJ and mail completed registration forms and payment to EDANJ, 10 Station Place, Suite 15, Metuchen, NJ 08840.

All girls must be accompanied by an adult who will be responsible for them for the duration of the workshop.

For more information, please contact Leigh Garfield at 732.549.6886.

Name: _____

Accompanying Children Names and Ages: _____

Address: _____

Phone: _____

I would like to be contacted via email:

Email: _____

Total Amount Enclosed: _____

I give EDANJ permission to use any photographs taken at the event for marketing purposes (program brochures, flyers, newsletters, etc.)



EDANJ is a Member of Women's Fund NJ

- * Quarterly newsletter
- * Speakers bureau
- * Professional training
- * Consumer advocacy resources
- * Prevention programs for schools and community groups
- * Individuals with eating disorders
- * Resources for professionals who either treat or encounter
- * Referral source for medical, nutritional and psychological services
- * Support groups for family and friends
- * Support groups for individuals with eating disorders,

Our services include:

family members and friends. disorders, individuals who are seeking help or have recovered, as well as friends. Our membership includes professionals who treat those with eating disorders, individuals affected by eating disorders, including family members and state organization whose mission is to provide supportive services and resources as Body Image Distortion and Dysfunctional Eating. We are a non-profit Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder, as well as well is dedicated to the prevention and treatment of all eating disorders:

The Eating Disorders Association of New Jersey (EDANJ)

800.522.2230
 www.edanj.org
 10 Station Place
 Metuchen, NJ 08840



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