



*Love Your Body Month*

*February 2015*

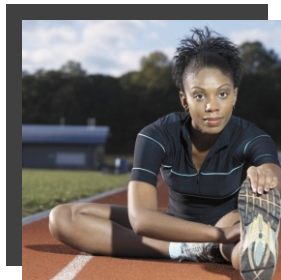
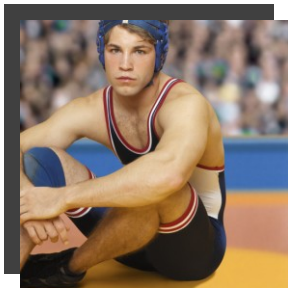
# Running on Empty: **Food & Body Issues**

**Monday, February 9<sup>th</sup>  
10:45 AM**

**High School Assembly Presentation 10:45 am**

A highly experienced panel will address medical, nutrition, and body image concerns of disordered eating. The panel includes:

- **Recovered student – Haleigh Hughes, GSU Student**
- **Sports dietitian – Page Love, MS, RDN, CSCS**
- **Psychiatrist – Carrie Poline, DO, Medical Director Atlanta Center for Eating Disorders**
- **Therapist – Melissa Sparks, MFT, LifeGate Counseling**
- **Sport Psychologist – Kensa Gunter, PhD, Sport Psychologist**



***At this important event you will learn:***

- ❑ **How to spot warning signs**
- ❑ **How to address compulsive exercise**
- ❑ **How to counteract the pressures**
- ❑ **How to fuel your engine to perform**
- ❑ **How to move forward in recovery**
- ❑ **How to get help**



Education • Outreach • Action

