

Join the LRH Auxiliary for a showing & post-viewing workshops...

all of

It's more than the food,  
it's more than the weight,  
it's everything that LIES beneath



A DOCUMENTARY FILM ON EATING DISORDERS

Directed by Bess O'Brien. Major Underwriting: PearVT, The University of Vermont Medical Center, Burlington Labs, Burton Snowboards.

**Wednesday, February 20 • 6–8pm**

Conference Rooms 1 & 2 | Littleton Regional Healthcare

## FOLLOW-UP WORKSHOPS

Registered Dietitians **Ashley Wentworth, MS, RD, LD (LRH)** and **Tiffany Sweatt, MS, RD, LD (UCVH)** will answer questions and discuss topics relating to the film.

**Part One: Tuesday, Feb. 26 • 5:30–7pm**

- *Why diets don't work for most people*
- *The media's role in diet/body image issues*
- *Risks and prevalence of eating disorders*

**Part Two: Tuesday, Mar. 12 • 5:30–7pm**

- *Alternatives to dieting*
- *Positive body image: "Learn how to ditch dieting for good and develop a positive relationship with yourself, your body, and food."*

Conference Rooms 1 & 2 | Littleton Regional Healthcare

Kindly RSVP or for  
more information call  
(603) 575-6010

**NCH**  
north country healthcare



**Littleton Regional  
Healthcare**

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