

Free Event: Schooled on Wellness

Not too young - How eating disorders can develop in tweens



If you think your child is too young to be at risk of an eating disorder, think again. Eating disorders are increasingly diagnosed in children as young as five to 12 years of age. And it's not just girls who are at risk - the rates of eating disorders in boys are also rising.

As parents, you may have questions about how your child perceives cultural messages of anti-obesity, diet and exercise. Attend this free event and hear Dr. Rachel Klein from Sharp Rees-Stealy Del Mar discuss how social pressures can contribute to issues of body image in children, red flags that might indicate an eating disorder, and tips on preventing eating disorders in your child.

You'll also have the chance to ask questions and get health information at various booths.

Location: Earl Warren Middle School
Multipurpose Room (MPR)
155 Stevens Ave.
Solana Beach, CA 92075

Date: Tuesday, February 28

Time: 6 to 7:30 pm

Presenter: Rachel Klein, MD
Internal Medicine/Pediatrics
Sharp Rees-Stealy Del Mar

Registration: sharp.com/schooledonwellness
or call 1-800-82-SHARP

Schooled on Wellness, presented by Sharp Rees-Stealy Medical Centers, is designed to help students and parents lead healthy lives and make choices that promote overall well-being. To learn more about Sharp Rees-Stealy, visit sharp.com/srs.