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Four UVA Women's Soccer Student-Athletes to Host Positive Body Image Seminar

CHARLOTTESVILLE, Va. – Virginia women's soccer student-athletes Laurel Ivory, Rebecca Jarrett, Cam Lexow and Diana Ordonez will host a Positive Body Image seminar on Nov. 29 in partnership with the Maxine Platzer Lynn Women's Center and Prosperity. The seminar is designed for middle school and high school girls and their parents and will be held in the Pavilion at Boar's Head Resort from 5:30-6:45 p.m. Registration is free and available through [this link](#).

Former Virginia women's lacrosse student-athlete and current ESPN and ACC Network analyst Dana Boyle will MC the event. Event attendees will hear the perspective of the women's soccer student-athletes, hear from subject matter experts on the issues of body image and wellness and participate in small group discussions. Each attendee will leave with a positive body image workbook.

"Young girls today are confronted with so many messages telling them who they need to be, what they need to look like, presenting unrealistic and harmful ideals around body shape and size," said Erin Bulinski, Clinical Director at Prosperity. "Feeling less than, not enough, even hating your body is normalized. But poor body image goes beyond our bodies; it affects our self-esteem, confidence, mood, and relationships with ourselves and others, and can be a major contributing factor to the development of depression, anxiety, and eating disorders. We need to be talking with girls about self-compassion, about appreciating their bodies for everything they give them, about focusing more on who they are and what they have to offer the world than the shape of their body."

The seminar is sponsored by C&F Bank, Carter Myers Automotive, Loring Woodriff Real Estate Associates, Melanie Elston Interiors and Royer Caramanis and organized by Hook Sports Marketing. A limited number of sponsorship opportunities remain available.

About the Maxine Platzer Lynn Women's Center

The Maxine Platzer Lynn Women's Center provides a wide array of leadership opportunities and educational programs, as well as resources and services, including counseling, to support students in their academic careers and professional development. The Body Positive team

envisions a body positive UVA community where everyone enjoys a healthy relationship with body image, body diversity, and equity and inclusion for every body. Through its programming and services, the Body Positive team works through an intersectional lens to increase self-awareness of bodies in society. The program aims to educate, raise awareness, and spread the message of radical self-love on Grounds through implementing evidence-based practices.

About Prosperity

Prosperity Eating Disorders & Wellness Center specializes in the treatment of eating disorders, providing evidence-based, comprehensive, and individualized treatment to clients of all ages, genders and diagnoses. Our goal is to help sufferers find a full recovery by meeting their psychological, nutritional, emotional, and relational needs. Prosperity has three locations in Virginia (Charlottesville, Herndon, and Norfolk) offering a variety of treatment programs, ranging from Partial Hospitalization (PHP) to outpatient levels of care. We utilize a multidisciplinary treatment team including therapists, registered dietitians, and psychiatrists to treat the physical, mental, and emotional components of an eating disorder. We also incorporate experiential therapies including art therapy, cooking groups, and yoga/mindful movement. We at Prosperity believe full recovery from an eating disorder is possible and are here to walk alongside clients in their journeys with compassion, dignity, and hope.

Sponsorship

For more information on sponsorship opportunities available with the seminar, business representatives should contact Todd Goodale by email at goodale@hooksports.net or by phone at (434) 981-0004.