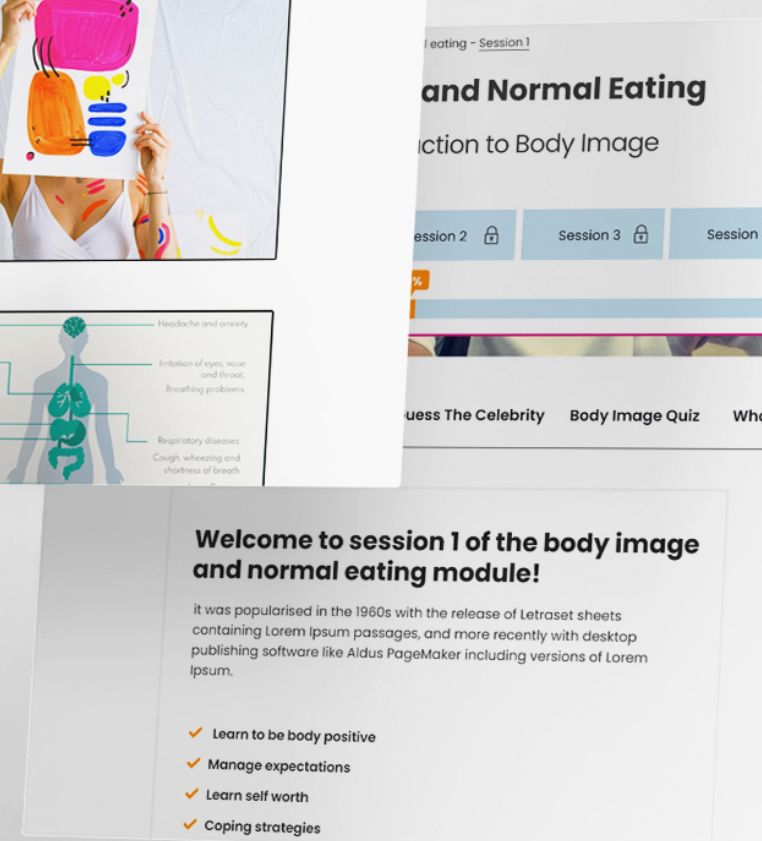
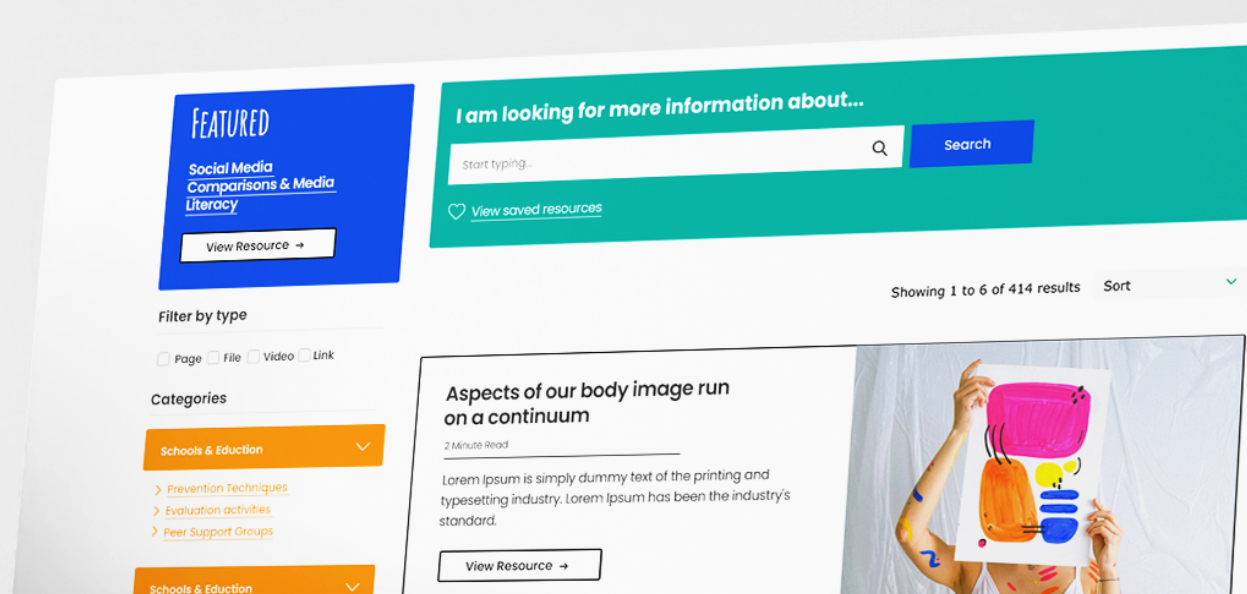


INTRODUCING

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NHS Building a positive relationship with food and your body



Uncover the path to a more positive relationship with food and your body with **Be Body Positive**. Your new go-to destination for information and resources on body image, disordered eating and an introduction to eating disorders, you'll find...

- ✓ EVIDENCE-BASED COPING STRATEGIES
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The content is designed by a team of experts specifically for **young people** and tested by young people. With resources for **parents and carers** as well as youth workers, teachers and health **professionals**, there is something new to learn for everyone. Start your journey towards a brighter future today and visit us at www.bebodypositive.org.uk

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