



Roland Park Country School

Linde Health Colloquium

Chrissy King

**Diet Culture and Implicit Bias:
Tips for Fostering Positive Body
Image Among Children and
Teens**

Diet Culture and Implicit Bias: Tips for Fostering Positive Body Image Among Children and Teens

Roland Park Country School is thrilled to welcome Chrissy King, a writer, speaker, strength coach, and educator, for our annual Doug and Carol Croft Linde, 1982 Health Colloquium on Tuesday, October 1. Chrissy has a passion for creating a diverse and inclusive wellness industry and empowers individuals to stop shrinking, start taking up space, and use their energy to create their specific magic in the world. This event is for parents and guardians with children in grades K-12. During her evening lecture, Chrissy will share an overview of diet culture and explain how to unlearn our own implicit biases pertaining to weight. She will also provide tips to foster a positive body image among children and teens and will share a list of resources for continued learning. The lecture will conclude with a question and answer session.

Chrissy has been featured in *SELF*, *SHAPE*, *Health*, *Cosmopolitan*, *BuzzFeed*, *Muscle and Fitness*, and *Livestrong*, among others. With degrees in Social Justice and Sociology from Marquette University, Chrissy merges her passion for social justice and her passion for fitness to empower individuals within the fitness and wellness industry to create spaces that allow individuals from all backgrounds to feel seen, welcome, respected, and celebrated.

This event is free and open to the public. Kindly RSVP to events@rpcs.org by **September 23** and learn more at www.rpcs.org.

**Tuesday, October 1,
6:30 p.m.**

About the Linde Health Colloquium

This meaningful program is funded through the Doug and Carol Croft Linde, 1982 Health Colloquium endowment, which allows RPCS to engage nationally recognized wellness speakers and researchers annually to work in partnership with our students, employees and parents – as well as the local community. These academic seminars with industry professionals enable RPCS young women to explore their interests in mental and physical health while also equipping them and their families with the tools and insight needed to flourish across any stage of life. The Colloquium was originally funded by past parent and trustee James (Jim) Robinson and supported through the Annual Fund.


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