



SHOSHANA KOBRIN, MFT
workshops ♦ training ♦ counseling

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KOBRIN KREATIONS

STOP THE EPIDEMIC!

Our schools, homes, and communities in the Bay Area are suffering from an epidemic of eating disorders and obesity.

DID YOU KNOW THAT??

- 32% of kids are overweight
- Web sites teach youngsters how to purge and restrict their food
- Girls as young as 4 years old refuse ice cream at parties
- Anorexia has a 10% death rate
- 3.7% of females suffer from anorexia
- 12% of teens with anorexia are now male
- Eating disorders often overlap other addictions
- Seeds of obesity or an eating disorder can be planted as early as infancy

Our competitive, consumer society with excessive stress and high mobility increases the likelihood of food and weight problems and eating disorders. High-tech use promotes inactivity, and the media pushes slenderness.

Shoshana Kobrin MFT is on a mission to challenge this epidemic. The following workshops for schools, churches, agencies, hospitals, organizations, and the workplace are offered:

- No Body is Perfect
 - Does Dieting Do You In?
 - The “Skinny” on Emotional Eating
 - Is it or is it not an Eating Disorder? A Comprehensive Guide
 - Angry Anorexia
 - For Teens - Weight Issues and Eating Disorders
 - Preventing Eating Disorders and Obesity in your School or Community
 - A Parents’ Guide to Obesity and Eating Disorder Prevention and Treatment
- Continuing Education Credit is available for MFT’s, LCSW’s and Nurses.

For more information or to schedule a workshop

email shoshanakobrin@sbcglobal.net or call (925) 256-8503

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