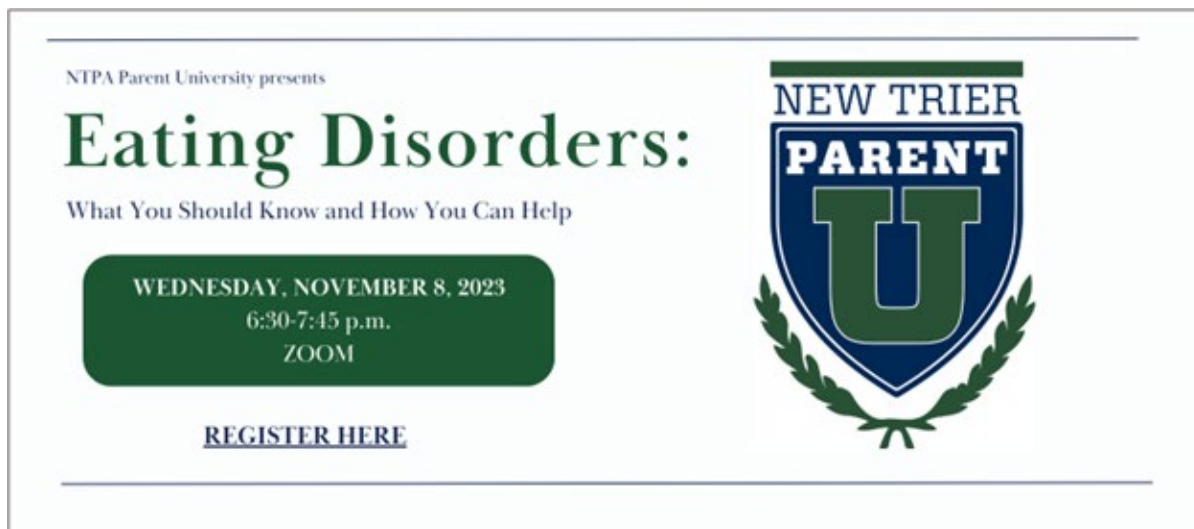


Dear Parents/Guardians,




NTPA Parent University presents

# Eating Disorders:

What You Should Know and How You Can Help

WEDNESDAY, NOVEMBER 8, 2023  
6:30-7:45 p.m.  
ZOOM

[REGISTER HERE](#)



I hope this email finds you and your family in good health. In partnership with the NTPA Parent University, I am writing to invite you to join us on **Wednesday, November 8, at 6:30 p.m.** for a discreet and informative panel discussion aimed at addressing the recent increase in eating disorders among teenagers across the country. As parents and guardians, your involvement and awareness are instrumental in combating this concerning trend.

Our panel discussion will feature esteemed experts in the fields of medicine, mental health, and adolescent development, each specializing in eating disorders. They will provide valuable insights on identifying signs of disordered thinking about eating and eating patterns, offer guidance on how to communicate health-promoting behaviors, ways to equip our young individuals with the tools they need to maintain a healthy relationship with their bodies and food, and strategies and resources for intervening.

Prior to the discussion, we encourage parents to read the news article, "[Eating disorders among teens more severe than ever](#)," to learn more about the alarming spike in eating disorders seen among teenagers.

This event will take place on Zoom, so registration is required. [REGISTER HERE](#). Log in details will be e-mailed to registrants the morning of the event.

**[If you have specific questions about this topic, please submit them here.](#)**

Additionally, we would like to remind you about the upcoming NTPA Parent University event, **Student Resources: Navigating Academic, Emotional, and Physical Supports at New Trier**. This event will be held on **Thursday, October 26 at 6:30 P.M. in McGee Theatre, Winnetka Campus**. Parents are invited to learn about the numerous resources available to support the holistic development of every New Trier

student. New Trier staff will share strategies for academic success, emotional well-being, and physical health. You can learn more [here](#).

We look forward to your participation and your valuable contribution to these critical discussions.

Thank you,

Denise Dubravec

Principal/Assistant Superintendent, Winnetka Campus