

Manager, Student Inform

From: Inform
Subject: EM: Next Wednesday: Intuitive Eating with Lindy Bornstein PZ '09: the Meaning of Embodiment

From: Alaina Neuburger

Hello all,

Please see information below for the final presentation of this year's Intuitive Eating series sponsored by the Pitzer Campus Life Committee, happening next Wednesday!

Intuitive Eating with Lindy Bornstein PZ '09: the Meaning of Embodiment

Wednesday, May 4th, 7-8pm

tinyurl.com/iewithlindy



This interactive presentation will introduce the term positive embodiment, how it relates to the practice of Intuitive Eating, and how to address barriers to positive embodiment. Lindy will invite participants to engage in self-reflection and written exercises during the presentation.

Lindy is a licensed marriage and family therapist working in private practice in Monrovia. She graduated from Pitzer college in 2009 with a major in Psychology. She completed her Masters program in school based family counseling at Cal State Los Angeles in 2013. Lindy spent several years working in community based mental health, schools, and a domestic violence center. Over time, she became more aware of weight stigma and how much it impacts the lives of her clients and loved ones. She developed an interest in supporting clients further with healing their relationship to food and overcoming body shame. She is a Certified Intuitive Eating Counselor. She is also trained in the Be Body Positive model and the Big-Hearted Embodiment model, both of which support healing the relationship with one's body. Lindy is excited to give this talk as a Pitzer alum. She remembers a seminar course on Eating Disorders that she took at Pitzer, which first sparked her interest in this specific work.

Register at: tinyurl.com/iewithlindy.

This event was supported by the Pitzer Campus Life Committee and is open to 5C students, faculty, staff, parents, and alumni.

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