

# Love Your Body Day 2008!

Cast your vote for body satisfaction 80% of New Zealand women are dissatisfied with their bodies, and up to 1 in 5 struggle with disordered eating. In our current climate there are very few opportunities to celebrate and appreciate our bodies as they are and to acknowledge the beauty and natural diversity of all body shapes and sizes.

Put your hands up for body satisfaction on Love Your Body Day, Wednesday October 15th 2008. In Aotea Square in Auckland between midday and 2pm, kiwis will be voting for Body Satisfaction and creating a colourful petition by placing their signed hand-prints on a huge canvas while enjoying live entertainment. On the eve of the election this will be a compelling visual statement to those making decisions about service provision for disordered eating in New Zealand.

But the body celebrations and visual petitions don't end there. For those aspiring to love their bodies and who want to spread the message, funky Love Your Body Day T-Shirts are available from the EDEN website from September to December – [www.eden.org.nz](http://www.eden.org.nz).

EDEN is an Auckland-based charity providing services to people with eating difficulties and working in the community to promote body satisfaction and prevent disordered eating.

If you are keen to help please contact:

Sarah Lang  
Freelance Writer  
Slang Ltd  
[slangltd@gmail.com](mailto:slangltd@gmail.com)  
027 203 1201

Please also visit:

<http://www.eden.org.nz/>

**"If not us, Who? If not now, when? If not together, How?"**