

Beauty Redefined:

The Impact of Body Image on Women's Confidence and Influence

Utah Women's Leadership Speaker & Dialogue Series

January 29, 2014 (6:30-8:30 p.m.)
Ragan Theater, Sorensen Center, Utah Valley University

Welcome: Janette Hales Beckham, *Former Utah House of Representative, Former General Young Women President of LDS Church*

Speakers: **Drs. Lindsay & Lexie Kite**

Beauty Redefined Foundation

RSVP at
www.uvu.edu/uwlp

Studies show the majority of girls and women live in a state of self-consciousness, where they constantly monitor their appearances for what they look like to outsiders. This leads to feelings of body shame and low self-worth, which are often dealt with through harmful ways of coping, such as disordered eating, opting out of social activities and exercise, self-harm, and dangerous and expensive cosmetic surgery. How do we overcome this negative posture of poor self-image and preoccupation with appearance? Identical twins Lexie and Lindsay Kite, Ph.D.s and co-directors of the nonprofit Beauty Redefined Foundation, will provide an engaging visual presentation on body image resilience, which their research shows is central to mental and physical health, confidence, happiness, and empowerment. The event will conclude (last 45 minutes) with light refreshments as attendees move into small group dialogues at tables. Come, listen, learn, and add your voice to this important conversation! **This event is open to all women 14 years of age or older and all those who influence girls and women.**

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