



**6TH AUSTRALIAN  
WOMEN'S  
HEALTH  
CONFERENCE**  
THE NEW NATIONAL AGENDA  
18-21 MAY 2010. HOBART, TASMANIA

**CONCURRENT SESSION 1 – SESSION 1.4**  
**Disordered Eating / Physical Activity**  
**Chair: Annie Flint**  
**Chancellor 3**

- 1.4.1**      **You are HOW you Eat: The use of mindful eating skills in the prevention of obesity and eating disorders**  
*Naomi Crafti, Kirsty Greenwood*
- 1.4.2**      **Body Esteem Program - Healing through sharing stories**  
**A community based peer facilitated self help program for women with eating disorders**  
*Tracey Hennessey, Mandy Stringer*
- 1.4.3**      **WORKSHOP 'Healthy Active' Bicultural Ambassadors Project: Promoting best practice in physical activity for Women from culturally and linguistically diverse backgrounds**  
*Jan Ryan, Bernadette Masbayi, Teresa Kata*