

# TEDx

# EastHartfordLibrary

x = independently organized TED event

## July 12, 2016: Topic – Body Image

I see the magazine workin' that Photoshop  
We know that [stuff] ain't real, come on now, make it stop  
If you got beauty, beauty, just raise 'em up  
'Cause every inch of you is perfect from the bottom to the top  
- Meghan Trainor, "All About That Bass"

Body image is a troubling topic for many. There are social and cultural norms and images strongly influencing us, sometimes tempting us to undertake unhealthy actions to try to conform to these norms and images. We must also contend with social media influences and pressures. Fighting back, as musician and singer Meghan Trainor recently did against a Photoshopped video of her new song, can prove difficult. Tonight we'll talk about issues relating to body image, and explore healthier ways of relating to our body.

Registration for the program is strongly suggested.

Phone 860.290.4331

or register through the library's online calendar.

Location: Raymond Library, 840 Main Street

Meeting Room 1—Lower Level

Please arrive on time; we will begin promptly at 6:30.