

HP Living Well Community/ MMHG Wellness Webinar

Building Body Confidence for You and Yours



Wednesday, July 15, 2026

1:00– 1:30 p.m.

**Attend this FREE webinar from
your computer, tablet, or
smartphone!**

Develop positive body image for yourself while modeling confidence for your children. This session explores the language to use (and avoid) around bodies, practical strategies for challenging negative self-talk, navigating social media, separating health from appearance, and age-appropriate conversations. Build body confidence across generations with compassion and intention.

No need to register in advance.

**Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars)
or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>**

This webinar is free and open to all.

By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates (“Harvard Pilgrim”), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.