



We Invite you to a

Virtual Community Forum on

Diet Culture, Body Image and Disordered Eating

6:30- 7:30 p.m.

Wednesday, October 16, 2024

The presentation will cover the basics of eating and feeding disorders affecting adolescents and athletes including anorexia, bulimia, binge eating, ARFID, and RED-S. Topics include the common warning signs of disordered eating and exercise, how caregivers and coaches can find support for loved ones, tips on how to intervene, and how to increase protective factors around athletes' body image. Discussion will also include eating, exercise, and nutrition myths and provide books, websites, and support group resources

Meeting link:

<https://us02web.zoom.us/j/87961543561>