



FREE WORKSHOP

EATING DISORDERS AND MENTAL HEALTH

Eating disorders involve abnormal eating behaviors and often include irregular thoughts towards food and distorted body image. Eating disorders are often hidden or kept secret by people suffering. Eating disorders could be intertwined with other psychiatric disorders, like depression, making the disease difficult to diagnose and treat. This workshop will explore eating disorders, the effect they can have on those suffering, and discuss healthy eating strategies.

OBJECTIVES

1. At the end of this training, participants will be able to discuss causes of eating disorders.
2. At the end of this training, participants will be able to describe the types of eating disorders as recognized by the American Psychiatric Association (APA).
3. At the end of this training, participants will be able to explain strategies used to promote healthy nutrient intake, and a positive body image.

17 NOV
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via ZOOM

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SPEAKER
Dr. Jacinda Roach
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