

Feed The Need: Learning About Eating Disorders

Eating disorders are extreme expressions of a range of weight and food issues experienced by both men and women. In this workshop we will:

- * Discuss the defining features of Anorexia Nervosa, Bulimia Nervosa and Compulsive Over-Eating/Binge-Eating Disorder
- * Identify “warning signs” and prevention strategies for disordered eating
- * Review helpful resources for individuals, families and school personnel