

Eating Disorders 101 and 201

Practical Ideas and Hands-on Resources



If you need a jump start or a reminder of the basics of eating disorders and the recovery process, these sessions are for you. In a relaxed environment with a relatable presenter, you'll learn what eating disorders are, how they impact the person struggling, what treatment looks like and what to expect during the recovery journey.

WHO IS THIS EVENT FOR?

Anyone is welcome to attend, but we have designed the courses with these groups in mind:

- School professionals
- Community members
- Family, friends and caregivers supporting a loved one in their recovery journey

Professionals looking for CE credits will get 1 hour per session.
To learn more, visit EatingRecovery.com/Accreditation



- > **EATING DISORDERS 101**
 - 2nd Saturday of each month
 - 8:00 - 9:00 am MT
- > **EATING DISORDERS 201**
 - 4th Saturday of each month
 - 8:00 - 9:00 am MT

These events are **FREE** of charge.

SCAN THE CODE TO REGISTER.

- 1 Scan the QR code to easily register.
- 2 Select your event.
- 3 Click "Register Now."



WHAT ATTENDEES ARE SAYING...

Thank you! Wonderful presentation. I look forward to directing families and caregivers to this presentation in the future.

— THERAPIST, LISW, CEDS-S

Outstanding presentation! One of the BEST webinars I have attended since COVID started and I have attended a lot of webinars!!

— SCHOOL COUNSELOR

I could have used a presentation like this as an overview as soon as my child started treatment for an eating disorder.

— PARENT



About Beth Ayn Stansfield, MEd

Beth Ayn has worked for over 35 years as an educator, behavioral specialist, counselor and administrator in the field of education. In addition, she served as adjunct faculty at Virginia Commonwealth University in their department of education.

While supporting her daughter through recovery, Beth Ayn began ongoing training in the field of eating disorders. She is the founder and director of Stay Strong Virginia, 501(c) providing resources to professionals, the community and caregivers across the Commonwealth of Virginia. On a national level, Beth Ayn holds the title of National Family Advocate for Eating Recovery Center. In addition, she serves as the educational chair for the Richmond chapter of the International Association of Eating Disorder Professionals.



EatingRecovery.com

If you're interested in learning more about these courses, please email
Beth Ayn at Elisabeth.Stansfield@ERCPATHLIGHT.COM

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