

Eating Disorder Awareness Events

January - February 2019

January 1-February 7 Social Media Windup

Participate in a PHOTO BOOTH to share what you appreciate about your body!

 <https://goo.gl/Hi3Nig>  edaw2019



January 24th, 2019

Promoting Positive Body Image in Kids

with Dr. Ayisha Kurji

7-8:30pm Hosted by Nourish YXE

 <https://goo.gl/EeytMa>

January 31st, 2019

Fattitude Film Screening and Discussion

7-9pm hosted by Nourish YXE and Saskatoon Weight Attitudes and Disordered Eating

 <https://goo.gl/dG3UFu>

February 1-7, 2019 Interactive Displays

Visit our booths at the U of S in the PAC and Health Science for resources, interactive displays, and swag. Hosted by Nutrition EDAW 2019 Committee

February 5th, 2019

Yoga : Elemental Embodiment

12:10-12:55 PM at Marquis 104

All-Levels Yoga class, no experience required.

Come explore simple movements with breath, stillness, strength, rest, and a short meditation practice. Yoga mats provided. Instructor: Lauren Scruton // of One Yoga & Vinyasa Yoga for Youth

February 6th, 2019

Non-Diet & Weight-Inclusive Approach to Wellness: A Workshop

All welcome to learn about intuitive eating, redefining your relationship with food, and body neutrality in a workshop presented by Amy Pickering RD

4-6pm Sign up on Eventbrite Open to ALL!
Hosted by Nutrition EDAW 2019 Committee



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