

EATING DISORDERS 101 AND 201

Generating Practical Ideas and Providing Resources



AWARENESS • EDUCATION • RESOURCES

Join us for our complimentary, virtual presentations that offer an overview, resources and tools designed to support individuals impacted by an eating disorder as well as their caregivers. With lived experience and anecdotes, attendees will learn about eating disorders, what treatment looks like and how recovery impacts life for all involved. Throughout the talk, we will discuss and guide you through how to offer emotional and practical support.

- Attend one or both sessions offered each month throughout the year.
- Eating Disorders 101 is highly recommended prior to attending Eating Disorders 201.
- It is not necessary to complete both sessions in the same month.

FOR SCHOOL PROFESSIONALS, COMMUNITY MEMBERS AND CAREGIVERS

You will receive:

- 1 hour of CE credit and certificate of participation
- A variety of resources specific to the presentation and more
- An invitation to additional educational programs

REGISTER IN THREE EASY STEPS

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



These events are free of charge.

EATING DISORDERS 101

- 2nd Saturday of each month
- 10:00 - 11:00 am ET

EATING DISORDERS 201

- 4th Saturday of each month
- 10:00 - 11:00 am ET

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, M.Ed.

Beth Ayn brings a unique skill set to these presentations. She 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 International Association of Eating Disorders Professional Chapter.



EatingRecovery.com

If you're interested in learning more about these courses, please email
[Beth Ayn at Elisabeth.Stansfield@ERCPATHLIGHT.COM](mailto:Beth.Ayn@Elisabeth.Stansfield@ERCPATHLIGHT.COM)

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