

# Food & Me: the webinar series

The Food and Me Webinar series will be held on the following dates and times.



Webinar Series	Webinar Dates
<p><b>Module 1: Introduction to Eating Disorders</b></p> <ul style="list-style-type: none"> <li>• What to look out for – signs and symptoms</li> <li>• The BMI – based on racism and sexism, misinformation, and stereotypes</li> <li>• Seeking support and the barriers you may encounter</li> <li>• Approaching someone who has a problem</li> </ul>	<p><b>Module 1:</b></p> <p>08.05.24   18.30</p> <p><b>A follow up session will be held on:</b></p> <p>22.05.24   17:30</p>
<p><b>Module 2: The Role of Food in Your Culture</b></p> <ul style="list-style-type: none"> <li>• Understanding and normalising sensitivities around food</li> <li>• Communication through food in families</li> <li>• Considering barriers in the home and wider community</li> <li>• Considering how spirituality can be helpful in recovery</li> <li>• Religion and religious food requirements (food restrictions, special foods, fasting)</li> <li>• Social events and societal expectations</li> </ul>	<p><b>Module 2:</b></p> <p>22.05.24   18:30</p> <p><b>A follow up session will be held on:</b></p> <p>05.06.24   17:30</p>

Webinar Series	Webinar Dates
<p><b>Module 3: Routine and Structure</b></p> <ul style="list-style-type: none"> <li>• Putting boundaries in with family: finding the balance between autonomy and community support when healing</li> <li>• Consistency is key</li> <li>• Accommodating cultural norms when putting in routine and structure</li> <li>• How to communicate your specific needs to the system when thinking about structure</li> <li>• Ensuring you are receiving culturally responsive care</li> </ul>	<p><b>Module 3:</b></p> <p>05.06.24   18:30</p> <p><b>A follow up session will be held on:</b></p> <p>19.06.24   17:30</p>
<p><b>Module 4: Body Image</b></p> <ul style="list-style-type: none"> <li>• Healing from internalised racism</li> <li>• Gender identity and body image</li> <li>• The body holds our pain</li> <li>• Feeling unseen by the media: misinformation and impact of beauty stereotypes</li> </ul>	<p><b>Module 4:</b></p> <p>19.06.24   18:30</p> <p><b>A follow up session will be held on:</b></p> <p>03.07.24   17:30</p>