

# The Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE to Host Free Webinar in Honor of National Eating Disorders Awareness Week

National Eating Disorders Awareness Week is February 28, 2024 - March 5, 2024



## Compassion for Ourselves: Addressing weight stigma and body shame during the journey to recovery.

*Recovering from eating disorders often requires many different parts including therapy, work with a dietitian, groups, and a recovery community. A piece that often does not get addressed is the experience and trauma of weight stigma and shame around body size and weight. This talk will look at the history and internalization of both, the role they play for those with eating disorders and the necessary self-compassion and care required for recovery.*

Guest presenter, **Chevese Turner's** dedication to health equity began early in her career when she was part of a team working to ensure cancer patients had ongoing access to critical treatments. Driven by her own struggles and recovery, she founded the Binge Eating Disorder Association (BEDA) in 2008 to address the unmet needs of people with the most prevalent eating disorder and was integral to Binge Eating Disorder (BED) receiving its designation in the Diagnostic & Statistics Manual.



Currently, Chevese is an eating disorder and anti-weight discrimination advocate, educator and speaker, and the founder of the Body Equity Alliance in which she assists organizations and brands creating inclusive campaigns, policies and environments that feature and accommodate higher weight people. She is also a lived experience coach and a co-founder of Attune, an educational and coaching organization serving larger bodied individuals, with and without eating disorders, who want to put an end to diet dependency and weight cycling, and are seeking help navigating the healthcare system which is often biased and discriminatory toward larger bodied individuals.

### Where?

This event will be run virtually through Zoom (*details sent with RSVP email confirmation*).

### When?

**Thursday, February 29, 2024  
at 6:00PM EST.**

*Presented by the Harold C. Schott Eating Disorders Program.*

**RSVP at <https://lindnercenter.ejoinme.org/compassion-for-ourselves>**

**by Friday, February 22, 2024**

**Any questions, contact Pricila Gran at 513-536-0318 or [pricila.gran@lindnercenter.org](mailto:pricila.gran@lindnercenter.org).**