



National Eating Disorder Awareness Week

The Healing Impact of Yoga in Recovery from Eating Disorders

*Introduction with Mary Tantillo

*Experiential reflection

*Initial check-in fostering safety

*Panelist discussion/Q & A with Jennifer

*30-minute beginner level yoga practice
(chair yoga offered)

Kreatsoulas, Amy O'Sullivan, & Maggie
Quinn

Wednesday, February 26th, 6:30PM-8:30PM

@ TRU Yoga

683 South Ave., Rochester, NY 14620

RSVP by Feb. 21st to Kayla (585-276-6102;
Kayla_Bradford@URMC.Rochester.edu); space is limited.

“Sock it to ED” Campaign!



Bring a donation of crazy socks and be entered to win a prize! Raffle drawing will be held at the National Eating Disorder Awareness Week open mic event @ Boulder Café & Lounge on Sunday, Feb. 29th, 2-5pm.

Sponsored by the Western NY Comprehensive Care Center for Eating Disorders, a partnership between the University of Rochester School of Nursing and Golisano Children's Hospital, funded by the NYS Dept. of Health; in affiliation with The Healing Connection, Inc.

