Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living

Beyond Weight: Understanding Eating Disorders, Weight Stigma & Inclusive Care

Navigating Weight, Eating Disorders, and GLP-1s with Confidence & Compassion

This workshop will help with:

- Understand the impact of weight stigma, diet culture, and weight-focused approaches on healthcare experiences, service delivery, and health outcomes.
- Recognize common signs of disordered eating, eating disorder risk and prevalence, and body image concerns across diverse populations and body sizes.
- Explore the risks, benefits, and emerging concerns related to GLP-1 medications through an eating disorder-informed lens.
- Develop practical strategies for navigating conversations about weight, weight loss, body image, and health using a weight-inclusive and Health at Every Size® approach

UPCOMING WORKSHOP

Monday

December 14, 2026

1:30-3:00pm

This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

For more information or to register,
visit wwselfmanagement.ca
or call 1-866-337-3318

SHEENA'S PLACE
Support for eating disorders