



Joint Ward Forum

Finding the Balance

When “healthy” eating and exercise put your child at risk

How do messages about health impact your children and families? Join our panelists as they share their perspectives on navigating messaging about health, recognizing when eating and exercise behaviours may be harmful, and how to support young people who have a challenging relationships with food, exercise and body image.

We will hear from parents, clinicians, and individuals with lived experience of an eating disorder. Come out to learn more about health, disordered eating and exercise, and how to navigate the difference. This panel is open to all family members who have an interest in learning more about food and weight preoccupation, disordered eating, and supporting healthy lifestyles within their families.

Guest Speakers: A panel comprised of parents, doctors, therapists, and staff from the National Eating Disorder Information Centre

Cosburn Middle School

Thursday March 28, 2019 from 6:30pm to 8:30pm

520 Cosburn Ave



Chris Moise

Trustee Ward 10, University -
Rosedale and Toronto Centre
Tel: 416-395-8787
Chris.Moise@tdsb.on.ca



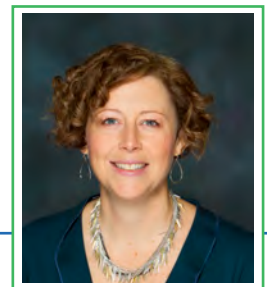
Rachel Chernos Lin

Trustee Ward 11,
Don Valley West
Tel: 416-395-8787
Rachel.ChernosLin@tdsb.on.ca



Jennifer Story

Trustee Ward 15,
Toronto-Danforth
Tel: 416-395-8787
Jennifer.Story@tdsb.on.ca



Michelle Aarts

Trustee Ward 16,
Beaches-East York
Tel: 416-395-8787
Michelle.Aarts@tdsb.on.ca

Child care will be available