

Windsor Essex Intensive Outpatient Program

1500 Ouellette Ave, Suite 100 Windsor, Ontario, N8X 1K7

ED - 101 Video Captions

Module 1

Title: Eating Disorders (ED) 101 Module 1: What are Eating Disorders and How do They Impact Us?

Caption: Welcome to the Eating Disorders (ED) 101 workshop series brought to you by weCHC in partnership with the Bulimia Anorexia Nervosa Association (BANA) and Windsor Regional Hospital! The Eating Disorder 101 Workshop series is part of a larger initiative to help educate our communities on the prevention, treatment, and awareness of eating disorders. In this module you will learn about:

- The difference between eating disorders and disordered eating
- What causes eating disorders
- Warning signs and symptoms of eating disorders and disordered eating
- Possible health outcomes of untreated eating disorders

If you want to learn more about the Intensive Outpatient Treatment Program for Eating Disorders or are concerned about your or someone else's eating call weCHC Teen Health at 519-253-8481 or BANA at 1-855-969-5530.

Module 2

Title: Eating Disorders (ED) 101 Module 1: Treatment and Nutrition Therapy for Eating Disorders

Caption: Welcome to the second module in the Eating Disorders (ED) 101 workshop series brought to you by weCHC in partnership with the Bulimia Anorexia Nervosa Association (BANA) and Windsor Regional Hospital. In this module will build on what we learned in Module 1 by discussing all things treatment, including:

- Types of treatment for eating disorders
- Medical support
- What to expect from nutrition therapy and psychotherapy

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T: 519-969-2112
T: 1-855-969-5530 (Toll Free)
F: 519-969-0227

E: info@bana.ca
I: www.bana.ca/weiop

The WEIOP is a partnership between the Bulimia Anorexia Nervosa Association (BANA), the Windsor Essex Community Health Centre, Teen Health site (weCHC THC) and Windsor Regional Hospital (WRH)



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Module 3

Title: Eating Disorders (ED) 101 Module 1: Weight Bias, Diet Culture & Offering Support

Caption: Welcome to the third module in the Eating Disorders (ED) 101 workshop series brought to you by weCHC in partnership with the Bulimia Anorexia Nervosa Association (BANA) and Windsor Regional Hospital. In this module, we will wrap up our learning by discussing:

- The impacts of weight bias
- The dangers of diet culture
- How to offer support to someone with an eating disorder or disordered eating
- Where to learn more

If you want to learn more about the Intensive Outpatient Treatment Program for Eating Disorders or are concerned about your or someone else's eating call weCHC Teen Health at 519-253-8481 or BANA at 1-855-969-5530.

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