



How healthy is your relationship with food?

JESSICA SETNICK

YOU ARE WHY YOU EAT



JESSICA SETNICK will challenge you to begin thinking about your relationships with food differently, especially if that relationship is unhealthy and leads to an eating disorder. She breaks down the difference between eating disorders and disordered eating, helping to eradicate stigmas and misunderstanding surrounding anorexia, bulimia and related disorders. Jessica offers you real solutions to help determine what you're really looking for when food becomes a crutch.