

'NOT ALL ABOUT FOOD'

Dr Anna Colton and Hope Virgo will discuss the causes of eating disorders and will explore how to spot signs and symptoms of both disordered eating and eating disorders.

[Click here to book your place](#)

Wednesday
3rd March, 7pm



Learn and understand more about healthy and unhealthy eating patterns, spotting signs, support and signposting.

PRACTICAL SKILLS TO COPE WITH DIFFICULT CONVERSATIONS AND TIPS ON MANAGING WELLBEING

DR ANNA COLTON HOPE VIRGO

Dr. Anna Colton is a clinical psychologist with 20 years experience working with eating disorders.

Hope Virgo is a leading international and award winning advocate for people with eating disorders. She will share some of her own story and tips on managing wellbeing.

