



## *Eating Disorder Foundation of NL Hosting*

## **Lunch and Learn Information Session**

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Join us to learn about:

**The Eating Disorder Foundation of NL**  
Programs and Services

**Eating Disorders**  
Types, Causes, Complications and Prognosis

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Open to the General Public including families, health professionals,  
educators and community members

(Not appropriate for clients with an eating disorder)

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**Date:** Tuesday February 3<sup>rd</sup>, 2026

**Time:** 12:00 - 1:30 PM Newfoundland Island time (11:30 – 1:00PM Labrador time)  
**Via Zoom Videoconference**

**Registration is Required (FREE)**

For more information or to register please contact  
Cathy at [cathy@edfnl.ca](mailto:cathy@edfnl.ca)