

Thank you for trusting
me with that. I know
eating disorders don't
discriminate and can
affect anyone.

Okay, they're taking
this seriously but not
judging me.



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Eating Disorders
Awareness Week
#EDAW2026

Rather than cutting out foods, expanding on the variety of foods we eat can support well-being. What's something you'd like to try adding in?

They actually trust me to care for myself!



NEDIC.CA/edaw/



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Your weight is not the sole or most important indicator of your health. Let's focus on the concerns and goals that matter most to you.

They want me to be "healthy" by my own definition. I feel validated and supported, not shamed.



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Focusing on weight in healthcare harms everyone – not just those with eating disorders.

Weight-inclusive care helps prevent disordered eating and reduces weight stigma.

This Eating Disorders Awareness Week (EDAW), let's broaden our understanding of health beyond weight, shape and body size!



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