



EL CAMINO HEALTHCARE DISTRICT
Dedicated to improving the health and well-being of the people in our community



Sutter Health



EDRC's Ask the Experts presents: Behind the Curtain: Eating Disorders in Dance

Amy Kathleen Lee & Yoni Banayan **Saturday, April 26th, 2025**
9:30 AM - 11 AM PST

Explore the connection between eating disorders and dance, focusing on how food, body image, and identity challenges affect dancers. Learn about common contributing factors behind eating disorders and discover healing-oriented movements to enhance well-being. Gain strategies for managing triggers on and off the dance floor, with a fresh perspective on recovery and balance.

Amy Kathleen Lee is an award-winning eating disorder recovery advocate, speaker, and suicide prevention trainer with over a decade in mental health education. A former pre-professional ballet dancer and bulimia survivor, she founded Dancing with ED, Inc. in 2013 to promote eating disorder awareness in the dance community. She continues to inspire dancers while taking classes at Ballet Arizona.

Yoni Banayan, LMFT, is the founder of Earth's Edge Wellness and an eating disorder and trauma specialist. With expertise in psychodrama, somatic experiencing, and holistic practices, he provides solutions for trauma, eating disorders, and anxiety through education, nutrition, and movement to create lasting results.

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JOHN@EDRCSV.ORG
BY APRIL 23RD.**

