

EDRC Presents: Ask the Experts

Makailah “Mak” Dowell and
Alexia Davis

Saturday, February 15th
@ 9:30am-11am PST

Eating Disorders in the LGBTQIA+ Community

Makailah's lived experience recovering from Bulimia Nervosa and Binge Eating Disorder (BED) ignited her passion for health equity. She is the Lead Peer Mentor at Equip, serves on the AED Committee for DEIB, volunteers as a group lead, supervisor, and Community Engagement Committee member at ANAD, is on the board of The Community Center, and is a Board Director at SoulPaws. Having faced treatment accessibility barriers in her own recovery, she is dedicated to advocating for BIPOC healthcare experiences, disability rights, and affordable care. Makailah holds a Biology degree from Johnson & Wales University, is pursuing a Master's in Population and Health Systems Management at Boise State, and is DEIB certified from Cornell University.

With experience of supporting a loved one with Avoidant/Restrictive Food Intake Disorder (ARFID), **Alexia** carries her knowledge to supporting patients at Equip. Alexia is based in Houston, Texas where she continues to provide lived and professional experience to focus on skill building and emotional coaching. Alexia facilitates two ARFID Caregiver Support Groups and continues to provide her support by educating on loving and judgement free spaces to support recovery and guide caregivers to find their strength to support their loved ones.

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PLEASE SEND YOUR QUESTIONS TO
JOHN@EDRCSV.ORG
BY FEBRUARY 12TH.

