

# EDRC Presents: Ask the Experts

## Amy Kathleen Lee



Saturday, April 26th @ 9:30am-11am PST

### Behind the Curtain: Eating Disorders in Dance

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 self-care strategies to support eating disorder recovery, how to help someone in recovery, and what resources are available. 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.

**CLICK HERE  
TO REGISTER**

PLEASE SEND YOUR QUESTIONS TO  
[JOHN@EDRCSV.ORG](mailto:JOHN@EDRCSV.ORG)  
BY APRIL 23RD.

