

Saturday, Aug 29, 2026

10:00AM – 11:00PM PST

Jason Wood

Hidden in Plain Sight: Men's Mental Health and Orthorexia

Jason Wood turned his personal battle with orthorexia into a mission to break the stigma surrounding men's mental health and eating disorders. The author of the memoir *Starving for Survival*, Jason serves on the boards of Running in Silence, the Michigan Eating Disorder Alliance (MiEDA), and the SoulPaws Recovery Project.

He is also the Director of Community Engagement at ANAD, where he facilitates the organization's men's peer support group. Through his writing, speaking engagements, and advocacy, Jason strives to encourage everyone, especially men, to speak up, share their stories, and seek the support they deserve.

**CLICK HERE
TO REGISTER**



**ZOOM
EVENT**

*Please send your questions
to Shana@EDRCSV.org
by Friday, Aug 28th, 2026.*

