

Jason Wood

Saturday, August 29, 2026

10AM – 11AM PDT

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

Jason Wood transformed his personal experience 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: One Man's Journey With Orthorexia*, 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 National Association of Anorexia Nervosa and Associated Disorders (ANAD), where he facilitates the organization's men's peer support group.

Through his writing, speaking engagements, and advocacy, Jason works to create greater awareness and understanding of eating disorders and mental health, while encouraging everyone— especially men— to speak openly about their experiences, share their stories, and seek the support they deserve.

**CLICK HERE
TO REGISTER**



Please send your questions
to Shana@EDRCSV.org
by Friday, August 28TH, 2026.

