

Presented by the Canadian Mental Health Association, Kelowna:

# Knowledge is Power: Disordered Eating



Hear from people with lived experience, family members, and professionals specializing in disordered eating.

## Learn about:

- Early recognition
- Living with disordered eating
- Local resources and supports
- The journey to recovery

**April 12, 2017**  
**6:00pm to 7:30pm**  
**at the Okanagan Regional Library**  
**(1380 Ellis Street, Kelowna)**

**This is a FREE event!** Registration is required as space is limited.  
**Register at** [www.cmhkelowna.com/events/KIP-DisorderedEating](http://www.cmhkelowna.com/events/KIP-DisorderedEating)



Canadian Mental  
Health Association  
Kelowna  
*Mental health for all*

