



**Alsana and Body Balance Coalition invites you to a Continuing Education  
webinar event:**

# **The Missing Dimension - Current Evidence-Based Strategies for Integrating Movement into Eating Disorders Recovery**

**Presented by: Dr. Brian Cook, Alsana VP of Research and Movement  
(1 CE approved presentation)**

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Many people find movement and exercise to be a fulfilling part of their recovery that helps with creating & nurturing social connections, respecting the physical self, and calming the mind. Others find that they must avoid exercise altogether, as it can bring up many eating disorder specific emotions and sensations that lead to an increased risk for relapse. Several factors that are often overlooked have been evidenced to reconcile these two opposing outcomes of including exercise in eating disorders recovery. Thus, deciding if or how

movement can be a part of treatment and/or recovery is complex and must account for a variety of factors related to safety and the ability to sustain recovery. **This webinar will focus on determining if or when a client may be ready to reintroduce exercise into their treatment or recovery plan.** Recent guidelines that specify nutritional, medical, and psychological factors that must be accounted for will be reviewed. As part of this review, safety guidelines and medical contraindicators for exercise in eating disorders will be discussed. Finally, recent models that illustrate the relationships among exercise and eating disorders will be used to help guide attendees in determining when an individual with an eating disorder may be ready to exercise.

**This webinar presentation will:**

1. Explain which factors are relevant when determining a person's readiness to engage in exercise.
2. Describe relationships among nutrition, medical contraindications, & psychological factors related to exercise in eating disorders.
3. Identify when an individual with an eating disorder may be able to engage in exercise.

We hope you will join and be part of the discussion!

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**Register: The Missing Dimension**



**The Missing Dimension - 1 CE approved  
Presentation**

Friday October 15th, 2021

10am- 11:15am CST

Link sent upon registration

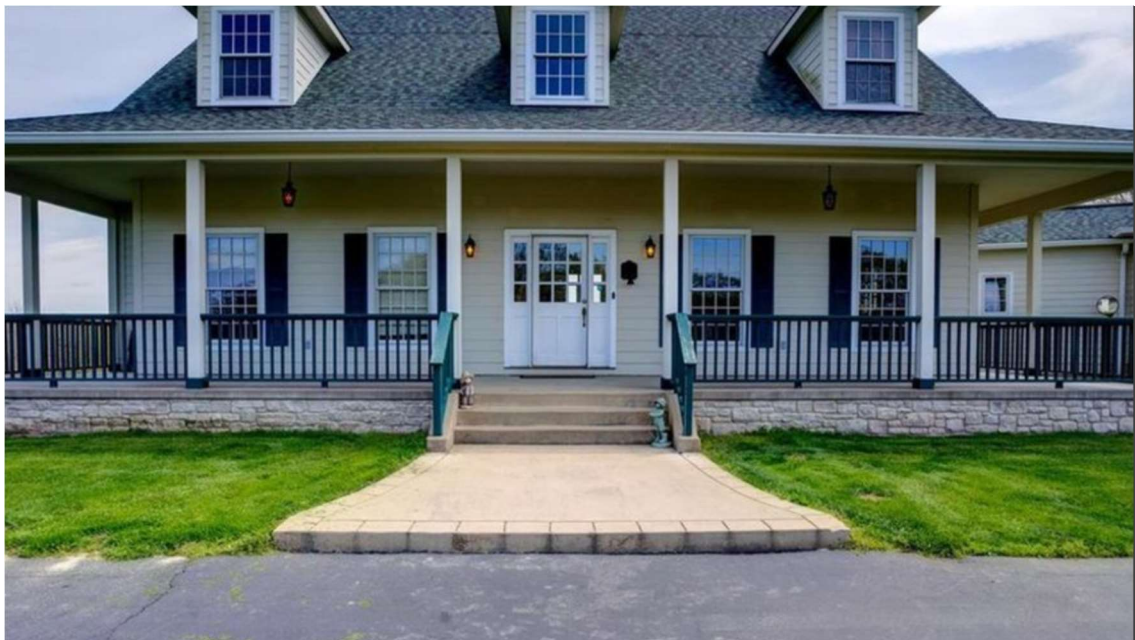
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*"I recommend Alsana because your updates and care model are gold. I've been so impressed with my contact with the teams from day one."* C.S., Registered Dietitian Nutritionist

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**Take a tour of our St. Louis Juneberry program. Come on in!**



Click [Here](#) for a special livestream experiential event to celebrate the opening of Alsana's newest residential treatment center in [St. Louis, Juneberry](#). Our team has been working hard to create an ideal healing environment for clients in need of eating recovery services and a sense of community.

In this tour video, you will see an exclusive live tour of the Juneberry facility, Q&A with

our incredible team members, and experiential group activities designed to give our valued community members a virtual first-hand look and feel of the holistic care we look forward to providing our Juneberry clients. Enjoy the tour!

Warmly,



**Amanda Sloan**

**Director of Regional Outreach**

Alsana: An Eating Recovery Community

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An Eating Recovery Community

**Our mailing address is:**

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**Program Locations:** Monterey. Santa Barbara. Los Angeles. St. Louis. Birmingham. Virtually across multiple states.