

## **Panelist Bios**

### **Carly Crawford**

Carly is a Registered Psychotherapist and has been in private practice for almost 9 years. Carly is dedicated to helping individuals develop a strong sense of self and a powerful voice. She provides a safe, non-judgmental, and therapeutic space where you can begin to heal. Carly will help you to recognize and work through negative thoughts and behaviours that are preventing you from living the life you want to lead and the life you are deserving of.

Carly has been working in the eating disorder field since 2009 and has treated individuals with anxiety, depression, OCD, and PTSD. Carly seeks to disempower mental illness by continuing to help individuals increase their self-esteem and confidence, self-worth, body image, and ultimately giving them a voice.

### **Sara Wolfe**

Sara is a Registered Dietitian who specializes in the treatment of mental health disorders with a particular focus on eating disorders. Sara works with her clients to identify problematic eating and helps them develop the tools and gain the confidence needed to change their relationship with food. Sara is a supporter of the 'Health at Every Size' philosophy. She respects the natural diversity of body sizes and shapes. In doing so, she encourages her clients to shift their focus from body weight to adopting healthy behaviours in the pursuit of better health.

Sara has been working in the field of mental health and eating disorders for 10 years. She began her career working with an Adolescent Mental Health program and an outpatient eating disorder clinic where she worked with clients of all ages. She has also previously maintained a private practice for 6 years. Presently, she works at the Ontario Shores Eating Disorder Residential Program, which is Canada's first residential program for children and teens with eating disorders.

### **Andrea LaMarre**

Andrea holds an MSc. and is a PhD candidate in the Department of Family Relations and Applied Nutrition at the University of Guelph. Her research focuses on eating disorder recovery from the perspective of people in recovery and their supporters. She is actively involved in advocacy efforts for eating disorders, including through the National Initiative for Eating Disorders and an active social media presence. She has written over 100 blog posts about eating disorders on the blog Science of Eating Disorders and other blogs, as well as 20 peer reviewed articles and book chapters.

Andrea regularly attends and speaks at national and international conferences, and has delivered over 50 presentations throughout her graduate studies. Andrea's research has been funded by the Canadian Institutes for Health Research (CIHR) through the Vanier Doctoral Scholars program and the Ontario Ministry for Health and Longterm Care through the Ontario Women's Health Scholar's award.

### **Alexandra Franceschini**

Alexandra holds a BBA and is a dedicated advocate for those suffering from Eating Disorders. For the last five years, she has volunteered with NIED – National Initiative for Eating Disorders, leading social media and email communications. She also created the *Hand Knit Hope* knitting initiative, which accepts donations of hand-knit goods and distributes them to individuals in treatment for Eating Disorders across Canada.

Alex's work with NIED is driven by the belief that recovery can be a reality for all those suffering from Eating Disorders with adequate access to the resources they need to thrive. She is committed to helping people who are struggling to feel supported and heard, and helping transform the way our society marginalizes Eating Disorders.