



## Navigating the Journey of Healthy Bodies, Healthy Schools: Follow-up to Virtual Parent Education Session



### Notes from Virtual Presentation

1. Presentation Details:
  - a. Date: Thursday, January 9th @12:00 pm
  - b. Platform: Zoom
2. Presentation Link - [Watch here](#)
3. Presenters:
  - a. [Dr. Amy Weiss](#) - Pediatrician
  - b. [Kourtney Gordon](#) - Registered Dietician
  - c. [Dr. Samantha Winton](#) - Psychologist
  - d. [Cherie Monarch](#) - Parent Panelist
4. Poodle Science: <https://www.youtube.com/watch?v=H89QQfXtc-k>
5. From a parent to parents - [Ms. Cherie Monarch](#)
6. Great book [Child of Mine by Ellyn Satter](#)
7. [HAES principles](#)

### Eating Disorder Resources

1. [Center for Discovery](#)- this is an IOP/PHP program. Another IOP/PHP is Rogers Outpatient. The two programs are pretty similar.
2. [Cindy Floyd, PsyD](#) - Carrollwood, Tampa
3. [Renee Koutras](#), MHC, Wholehearted Counseling - Oldsmar, FL
4. [Samantha Winton](#), PHD - St. Petersburg, FL
5. [Mari Broome](#), LCSW - Clearwater, FL
6. [Katy Rosini](#), LCSW - S. Tampa, FL
7. [Dr. Amy Weiss](#), MD - USF, Tampa, FL
8. [Kristi Salzar](#) - Dietician, S. Tampa, FL
9. [Jim Shaptner](#) - Dietician, St. Petersburg, FL
10. [Megan Toufexis](#), DO - Psychiatrist specializing in ED, S. Tampa, FL
11. [Equip](#) - virtual IOP/PHP program

### Support Groups

1. Mom2Mom FB Group- 1000s of mothers, worldwide. Led by a local mom, [Cherie Monarch](#).
2. [FEAST](#)- professional organization for parents
3. [NEDA](#) - professional organization for parents,