



# Diet Culture and Mental Health: A Critical Conversation

FEBRUARY 24, 2026 | 6:15 - 7:30 PM



## Featuring:

PEERS WITH **LIVED EXPERIENCE**, **DIETICIANS**,  
AND **STUDENT MENTAL HEALTH ADVOCATES**

Join community members for an important conversation on the intersection of mental health and diet culture, featuring a **Q&A with individuals sharing lived experiences** of youth body image struggles and healthy coping skills around nutrition.

Scan the **QR Code** to reserve a spot:

