



# ANNUAL REPORT 2018 2019

LAUNCHED FIRST-OF-ITS KIND  
INTERNATIONAL VIRTUAL CONFERENCE

## BODY PEACE



100+

PROFESSIONALS  
TRAINED



216

ATTENDEES



4

CONTINENTS

300+

MEDICAL  
STUDENTS  
& HEALTHCARE  
PROVIDERS  
EDUCATED



500+

BENEFITED FROM  
1050  
HOURS OF  
LOW BARRIER  
TREATMENT &  
SUPPORT

PEOPLE

6

MEDIA  
SPOTLIGHTS

91%

FOUND OUR  
SERVICES  
HELPFUL TO  
THEIR  
RECOVERY



99%

PEOPLE WOULD  
RECOMMEND OUR  
SERVICES TO  
OTHERS

LAUNCHED  
SUCCESSFUL  
INTERNATIONAL  
ED AWARENESS  
CAMPAIGN CALLED

SHOW  
US  
YOUR  
PURPLE



12K+

ONLINE COMMUNITY

# RECOVERY FOR EVERY BODY

Thank you so much to our community for such an incredible year! We saw **over 500 people reach out to us** looking for help. We offered over **1000 hours of low-barrier treatment and support** including body image workshops, nutrition education groups and therapy groups.

In October, we spearheaded a **first-of-its kind international virtual conference called Body Peace**, along with partner organization NIED. We welcomed 42 speakers from all around the world and offered 21 live sessions. The response was tremendous and we're already gearing up for a bigger **Body Peace on November 19, 20 of 2020!** Aside from providing community treatment, training and education has been a major focus. We provided **eating disorder education to over 300 medical students and healthcare professionals**. Through Body Peace, **over 100 healthcare providers** received essential, person-centered **eating disorder training**.

2020 will be a game-changer. As word spreads about Body Brave, more people are reaching out for help. We believe in recovery for **every** body so turning people away is not an option. That's why we're looking to **raise \$200,000 in order to expand our programs** and offer more comprehensive community treatment and support to more people. The coming year will also see our solo and collaborative training and education initiatives expand, reaching more providers across the country.

So here we after just two years working with a small budget. Imagine how much more is possible! **Thank you for your support and love**. Body image issues, disordered eating and eating disorders are treatable. Big changes are possible. **Together, we can make recovery accessible for every body**.

With gratitude,

Sonia Kumar-Seguín, Chief Executive Officer and Dr. Karen Trollope, Medical Director



WITH YOUR HELP, WE  
CAN CHANGE THINGS.



SPREAD THE WORD



VOLUNTEER



SHOP OUR STORE



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