

Healthy eating workshop continues at AWRC

by Heather MacAdam

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A workshop examining healthy eating habits is continuing at the Antigonish Women's Resource Centre.

Eating to Live or Living to Eat? is continuing its first interactive sessions for women.

Isabel Gillis, woman's support worker with the Antigonish Women's Resource Centre, said

the goal of the workshops is to offer women ways to explore ideas about healthy eating, and explore ideas, information and attitudes about food.

"Eating is culturally defined," she said. "Women's role as food preparers and consumers is quite rigid. Cultural methods about women's bodies and their sizes can be quite destructive.

The workshops feature three sessions, she said, and the first session, held last week, explored

being healthy at any size.

"(They discussed) what's known as the set point theory and physiology of eating – what does the body do with food?"

During the second session, participants will discuss what normal eating is, healthy eating and nutrition.

Session three will look at dieting facts, weight loss and reasons we eat.

"Besides nutrition, why do we eat? So we'll be getting participants to explore that. Because often, we're not eating

because we're hungry – it's nothing about nutrition. So we'll be asking participants to examine 'why are you eating in this manner? Why are you overeating? Why are you under-eating?'"

Gillis said they decided to hold the sessions because, based on their work at the centre, as well as through recommendations from people throughout the community, they identified support in this area as a real need.

"We also facilitate an eating

issues support group which we offer in January, and that runs for six weeks. In that support group, we get participants to examine their eating issues and to explore their readiness to make changes in their life.

All women are welcome to participate in the sessions.

The sessions will be Wednesday, October 22 and Wednesday October 29 from 9:30 to 11:30 a.m.

Anyone interested can phone 863-6221 or visit the centre at 204 Kirk Place.