

THE RENFREW CENTER'S

# RECOVERY WEBINAR SERIES

For those in recovery and those needing extra support in their recovery journey.

## RE-BROADCAST

Wednesday, January 10, 2024

12:00 pm - 1:00 pm (ET)

### ***Grinding Our Gears: How Grind Culture Impacts Eating Disorder Recovery***

"Hustle" and "grind" culture centers around the idea that overextending ourselves and sacrificing self-care are required in order to succeed. While this culture can be glamorized, it can place immense pressure and stress on us.

This webinar will discuss the concepts of hustle and grind culture and how these ideas are admired in Western Culture. Attendees will learn about the problems with grind culture – specifically related to eating disorder recovery – and leave with tips to let go of the hustle, and embrace more rest in their recovery.

Presented by:



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Coordinator  
The Renfrew Center

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