



FEAST OF KNOWLEDGE

VIRTUAL CONFERENCE PROGRAM

Sunday, March 22, 2026

10 AM - 4:45 PM Eastern (2 PM - 8:45 PM UK / UTC)

10:00 AM

WELCOME REMARKS

10:05 AM

Keynote Speaker

Tabitha Farrar

What I Wish My Parents Had Known: Insights From the Other Side

10:40 AM

Session 1

Ephrat Lipton

State vs. Weight: The Continuum of Eating Disorder Recovery

11:35 AM

Session 2

Danielle Small



Building Resilience While Optimizing the Environment for Recovery

12:30 PM

Session 3

Jenni Gaines & Laura Cohen

Things No One Tells You When Your Child Has an Eating Disorder

1:30 PM

Session 4

Alyssa Lucker



The Other Type of Feed: Managing Social Media During Eating Disorder Recovery

2:20 PM

Session 5

Anita Federici

Keeping Your Nervous System Regulated While Helping Them Heal

3:15 PM

Session 6

Angela Celio Doyle



Parents as Agents of Change in the Treatment of Eating Disorders

4:00 PM

Recovery Panel

What Actually Helped: Recovery Insights from Those Who've Been There

4:45 PM

CLOSING REMARKS

** BONUS SUPPORT GROUP SESSIONS **

1:30 PM

Men of FEAST (Fathers / Male Caregivers)

Wayne Herring and Kevin Olmstead

1:30 PM

Sibling Support Group (13+)

Sam Dunn and Sunday Holland