



Instagram

Some of our favorite Instagram accounts to help keep your feed body positive. Let us know if you have any other accounts you love!

@courage.to.nourish (hey! that's us!)

@chr1styharrison

@theintuitive_rd

@dietitianna

@bodyposipanda

@your_body_is_good

@encouragingdietitian

@hgoodrichrd

@samdylanfinch

@amee_rd

@theshirarose

@mermaidqueenjud

@lizzobeeating

@themilitantbaker

@tessholliday

@kristamurias

@deanna.rdn

@iamivyfelic

@madeonagenerousplan

@jessicawilson.msrd

@marcird

@themindfuldietitian

@the.lovelybecoming

@beatingeatingdisorders

@jennifer_rollin

@fatpositivetherapy

@bodyimagewithbri

@drcolleenreichmann

@stuff_my_ed_never_says

@haes_studentdoctor

@healingcrayons

@thewellful

@iamdaniadriana

@bodypositive_dietitian

@heytyffanyroe

@effyourbeautystandards

@glitterandlaz

@thecrankytherapist



Courage to Nourish

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Location: College Park and Columbia, MD

We offer virtual appointments