

LIFE AFTER ED GROUP

(Eating Disorders)

Led by Lois Zsarnay, MS, LMFT, RD

Licensed Marriage & Family Therapist

Registered Dietitian

(805) 650-0507

What: This group focusing on life skills for people who are stable in their recovery from their eating disorder and want to move forward with their life. It is a 6 week closed group (same people every week). New groups starting every 7 weeks.

Why: People who are farther in to recovery often need skills & support to fully engage in a “normal life” without the eating disorder & may not know what that is or how to get there.

Where: 4882 McGrath St., Suite 290, Ventura, CA 93003

When: Tuesdays 5:30 – 7:00 p.m.

Cost: \$190 for all 6 weeks (sliding scale available based on need)

Space is limited.

Evaluation appointment required prior to joining the group.

Contact Lois Zsarnay, MS, LMFT, RD

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www.nutritionmentor.com