

In recognition of National Eating Disorders Awareness Week 2016,
The Center for Eating Disorders at Sheppard Pratt presents a FREE community event.

Adventures in Self-Care...

Everyday Strategies for Nurturing an Imperfect Recovery in the Real World

Featuring
Melissa Fabello



February 21
Sunday, 2-4 p.m.
Towson, MD

What is self-care? Melissa Fabello, body acceptance and eating disorder recovery advocate, will provide personal insight into the mechanics of recovery while exploring ways in which honest, holistic wellness can be cultivated from the inside-out.



**Pre-registration required
to reserve seats.**

Visit
eatingdisorder.org/events
to RSVP online or call
(410) 427-3886.

Also during National Eating Disorders Awareness Week:
Mandalas, Meditation, and Music

A Free Mindfulness Workshop
Thursday, February 25, 7 p.m.

