Sometimes it’s hard to know how to tell whether body image concerns and dieting have crossed the line. We’ve all heard it: everyone worries about their weight. But what about when those worries aren’t just about wanting to be thin? Many factors may trigger an eating disorder, including trauma, dieting, life stressors and more.

In this informative and interactive presentation, we explore how to spot the warning signs, how to avoid common misunderstandings about eating disorders, and how to get yourself or a loved one to the right kind of help.

Presented by Tamson Overholtzer, LMFT, CEDS

Tamson is a Certified Eating Disorder Specialist has worked with patients in recovery from eating disorders for over 12 years both in private practice and in higher levels of eating disorder care. She’s the founder and director of Bright Road Recovery, an outpatient eating disorder treatment center in Claremont, CA.

Wednesday, March 14, 2018
6:30 pm
Pomona Valley Health Center
1601 N. Monte Vista Avenue
CLAREMONT

Wednesday, March 28, 2018
6:30 pm
Chino Hills Community Center
14250 Peyton Drive
CHINO HILLS

For more information call 909.865.9858