

Home for the Holidays Webinar

A FREE Webinar for Those Recovering from an Eating Disorder

Tuesday, December 15, 2009

12:00pm-1:00pm EST OR 8:00pm-9:00pm EST

Facilitated by Jennifer Nardozi, PsyD and a Renfrew Alumna

Topics include:

- Eating Challenges During the Holidays
- How to Alleviate Holiday Stress and Pressure
- Taking Responsibility for Your Own Health and Recovery
- Survival Strategies to Stay Focused on Your Recovery
- Creating and Sustaining Relationships at Home, Work, & School

[Click here](#) to register for the 12:00pm EST webinar.

[Click here](#) to register for the 8:00pm EST webinar.