

Thirty-Something and Beyond

at the Renfrew Center



Over the last few years, The Renfrew Center has seen an increasing number of women in their 30s, 40s, 50s and 60s seeking treatment for an eating disorder. A recent survey shows that 23.5 percent of women treated at The Renfrew Center are over 35.

Women in midlife face many of the same eating disorder struggles as adolescents and younger women (i.e., body dissatisfaction, body image distortions, fear of food) — however, these issues are often exacerbated by the aging process. In addition to aging, women in midlife oftentimes find themselves faced with new stresses such as marital discord, divorce, ‘empty-nest syndrome,’ chronic illness or career changes. Midlife women may also find it more difficult to seek treatment and may face feelings of guilt because they must leave behind family members or jobs that rely heavily on their everyday presence.

In response to the increasing number of midlife women seeking treatment, The Renfrew Center has designed specialized programming to help meet this population’s unique needs.

Thirty-Something and Beyond programming allows women 30 and above to address their own special issues in a community of their peers – women struggling with similar issues around nutrition, wellness, relationships, exercise and self-nurturing.

The Renfrew Center offers the *Thirty-Something and Beyond* programming at all of its residential and non-residential sites throughout the country.