



## THIRTY SOMETHING AND BEYOND

Meets Weekly on Wednesdays • 5:30 pm - 6:30 pm (ET)

Eating disorders can strike at any age. At Renfrew, we recognize adults in midlife face many of the same eating disorder struggles as their younger peers – such as body dissatisfaction, body image distortions and difficulties around eating – and these issues are often exacerbated by life stressors, biological changes, and life transitions.

Renfrew values the healing power of group support and encourages individuals to explore these issues in a community of peers with shared experiences. This free

group is for individuals 30 years-old and over who are working toward recovery from anorexia, bulimia, binge eating, as well as the full range of eating disorders.

Led by a licensed clinician, this group provides a supportive atmosphere where participants will explore eating disorder triggers as well as issues concerning body image, relationships, work, and other midlife challenges and transitions. Participants are required to be followed by an outpatient therapist in order to participate.



Attendees will need access to wi-fi, and a device with a camera, microphone and audio capabilities.

### For more information:

- Email: [midlifesupport@renfrewcenter.com](mailto:midlifesupport@renfrewcenter.com)
- Call: **1-800-RENFREW (736-3739)**
- Visit [www.renfrewcenter.com](http://www.renfrewcenter.com).

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