



No Cost Community Training Series...

Everyone Welcome!

Identifying & Managing Childhood Eating Disorders

JOIN US WEDNESDAY,

March 18, 2020

4:00pm - 6:00pm

Eating disorders, both under and overeating can be complex in nature and challenging to both identify and help treat.

What are eating disorders such as anorexia & bulimia?

What contributes to childhood obesity?

How to individualize the social, mental, diet & exercise approaches along with support will be covered.

**RAFFLE
GIFT
CARD**



Guest Speakers:

**Becky Espinel, MS RDN & Lynn Norton, MS, RD/RDN
Barton Hospital Dietitian Nutritionists**

LOCATION:

**Lake Tahoe Community College, One College Drive
Room B-103**

RSVP (but walk-ins welcome) to:

Kay Huxtable kehuxtable@ltcc.edu

Or 530-541-4660 ext. 575

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