

MentorCONNECT Telconference Series

YOU ARE INVITED TO ATTEND

A **FREE** Teleconference
with Jessica Setnick

“SURVIVING AND THRIVING
DURING THE HOLIDAYS ”



In this teleconference, disorders dietitian Jessica Setnick shares her tips for navigating the sometimes tricky, often stressful, and always food-filled holiday season. Jessica's warm and down-to-earth approach opens the door to experiencing this holiday season as a gift-wrapped opportunity to make healthy, life-affirming choices. Jessica will guide us in how to nourish our bodies, minds, and spirits throughout the holiday season and all the way into the New Year!



When: Wednesday, November 4, 2009

What time: 8:00 - 9:15 p.m. Central Time

RSVP to: mc@key-to-life.com

Jessica Setnick, MS, RD, CSSD, is an internationally known eating disorders dietitian in Dallas, Texas. In addition to providing nutrition advice and counseling to individuals with eating disorders, Jessica trains other health care providers at professional conferences and through her own Eating Disorders Boot Camp workshops. An award-winning writer, Jessica is the author of The Eating Disorders Clinical Pocket Guide and co-author of The Eating Disorders Book of Hope and Healing series. Jessica has been recognized for her tireless efforts at communicating nutrition messages in an understandable way, providing relief for her audiences instead of guilt. Her popular presentations to health professionals, teachers, coaches and parents include Making Food Your Friend Again and Eating Healthy in an Anorexic World. Now recovered from her own eating disorder, Jessica's passion is promoting a positive relationship with food and eating as a key component of a healthy and happy life.

FOR MORE INFORMATION ABOUT JESSICA'S WORK:
www.understandingnutrition.com

MentorCONNECT is the first global online eating disorders mentoring community. In addition to offering one-on-one mentoring matches, your free membership includes access to a password-protected, moderated, PRO-recovery community forum with a live weekly e-support group, other special events, a wide variety of online themed support groups, recovery blogs, personalized profile pages, the ability to upload photos/video/songs/artwork, and chat/email services. To volunteer your services as a caring mentor, be matched with a mentor, or find general support, visit us at ...

www.key-to-life.com/mentorconnect