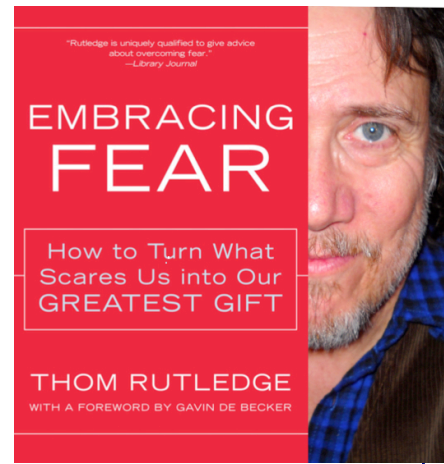




MentorCONNECT Telconference Series

YOU ARE INVITED TO ATTEND

A **FREE** Teleconference
with Thom Rutledge



WHAT YOU CAN REALLY DO ABOUT YOUR EATING DISORDER

In this teleconference, Thom will talk about, and respond to questions about, practical tools for eating disorder recovery. Thom points out that far too often, we – including treatment professionals -- inadvertently settle for becoming experts about eating disorders without becoming experts on what is most important: eating disorder recovery. “If I have cancer,” he says, “I want to talk to the people who treat cancer, not someone who just understands it.”

When: Wednesday, February 17, 2010
What time: 8:00 - 9:15 p.m. Central Time
RSVP to: mc@key-to-life.com

Thom Rutledge is the author of several books, including *Embracing Fear: How to Turn What Scares Us into Our Greatest Gift*. His INTRApersonal Therapy methods are used extensively by out-patient and residential eating disorder treatment programs in the U.S. and Australia

Thom's next *beyond eating disorders weekend retreat* is scheduled for March 12-14, 2010.

FOR MORE INFORMATION:
www.nutshellwisdom.com and/or join Thom on Facebook



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