
Ridgewood Public Schools

COMMUNITY OUTREACH PROGRAM

Co-sponsored by The Valley Hospital, with support from the Ridgewood Education Foundation and the Federated Home and School Association



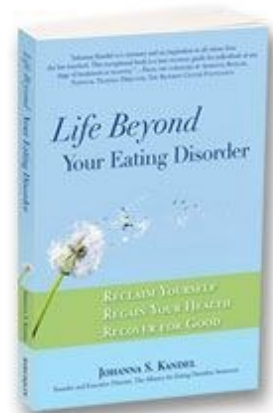
Wellbeing

Author and Advocate Johanna Kandel

*joins us on Wednesday, November 1, 2017
to talk about the importance of developing a positive body image
and her personal battle with eating disorders.*

7:00-9:00 pm

*George Washington Middle School Auditorium
155 Washington Place
Ridgewood, NJ*



After recovering from a ten-year-long battle with various eating disorders, Johanna Kandel founded The Alliance for Eating Disorders Awareness. Since founding The Alliance in October 2000, she has brought information and awareness about eating disorders and positive body image to more than 270,000 individuals internationally. In addition, she facilitates weekly support groups, mentors individuals with eating disorders and their families through their treatment and recovery, helps thousands of people to gain information and find the help they need, and advocates for legislation on a state and national level.

Life Beyond Your Eating Disorder is the ultimate guidebook for the journey back to health, filled with hope, insight and tools. This presentation highlights the importance of developing healthy body image and provides the help needed to break free from an eating disorder and to discover how wonderful life can really be.



Office of Curriculum, Instruction, and Assessment
49 Cottage Place, Ridgewood, NJ 07450 ♦ (201) 670-2700 ext. 10532
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