



THURSDAY EVERY OTHER MONTH, TIME TBA

BRAVE DINING

Kindred Nutrition understands all that encompasses the individual recovering from an Eating Disorder. We believe education and support is an important necessity to your care. Becca Ridenour RD, LDN and Amy Goldsmith RD, LDN are proud to announce our BRAVE Dining. We will meet every other month as a group for a challenge meal where we will focus on mindful eating, discussion of nutrients, and processing of the meal. This is a class for clients in recovery and will be prescribed by our dietitians.

**Every other
Monthly offerings
for Meal Exposure
and Processing
will be
recommended by
your dietitian**

**\$25.00 per class
or included in your
concierge
package**

KINDRED NUTRITION

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Sign up [here](#)