



## MONTHLY SUPPORT CLASSES **BRAVE ED CLASS**

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 ED Class which will once a month to discuss and support common challenges and provide tools to assist with recovery, communication and more. This is a class for clients in recovery.



**Three separate classes:**

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**Teens**  
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**Restrictive Adults**  
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**Binge or Emotional Eating/Adults**  
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**\$20.00 per class**  
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**Times TBA  
At Kindred**

### **KINDRED NUTRITION**

810 Tollhouse Avenue  
Frederick MD 21701

[www.kindrednutrition.com](http://www.kindrednutrition.com)

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