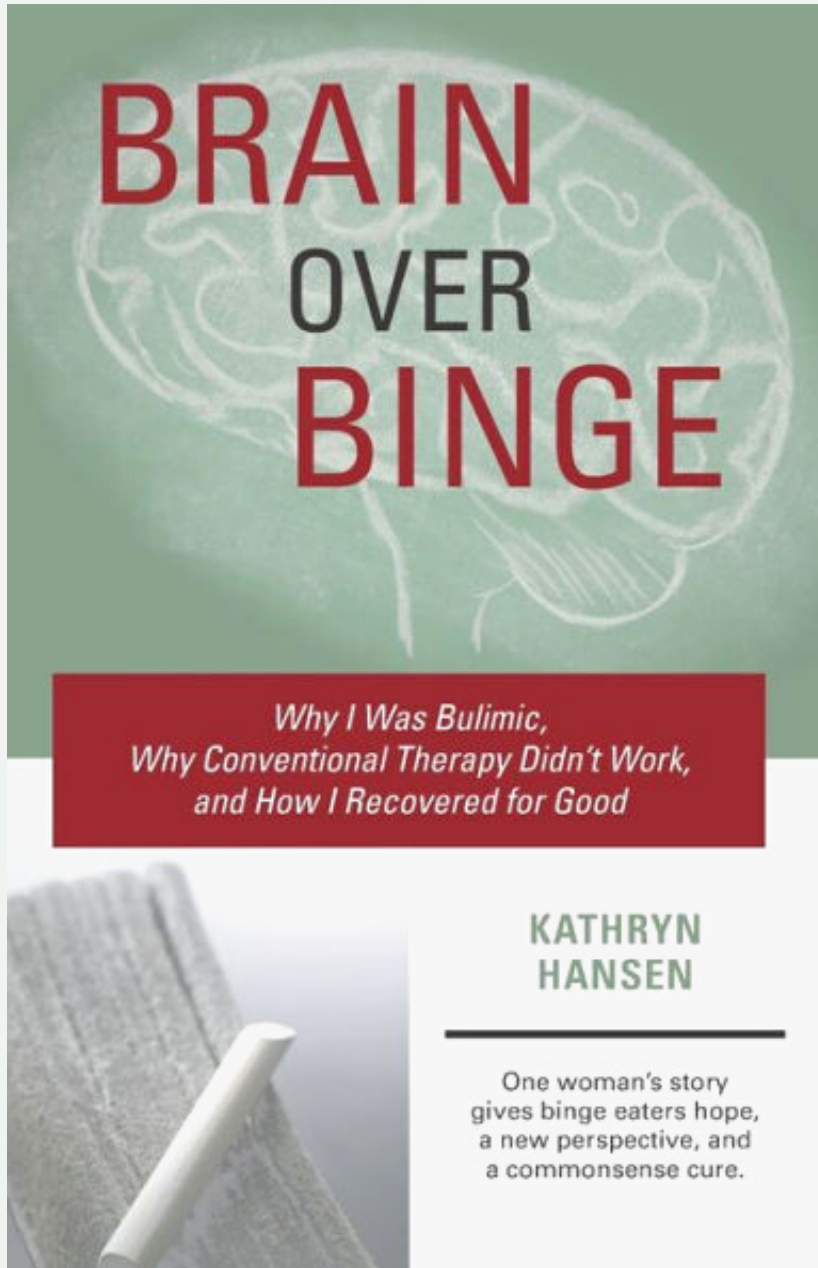


EDRC's ASK THE EXPERTS presents:

Kathryn Hansen,
author of *Brain Over Binge*



*For more information about Kathryn,
please visit her website:
brainoverbinge.com*

Kathryn Hansen recovered from bulimia in 2005; since then, she dedicated her life to educating and empowering individuals who struggle with all forms of binge eating. Kathryn offers an alternative voice in the field of eating disorders, teaching brain-based reasons for why binge eating occurs. ***Brain Over Binge* (2011)** radically departs from mainstream beliefs that eating disorders are the result of underlying emotional or psychological problems. Join her for a discussion about how prolonged dieting fuels the binge/purge cycle.



DECEMBER 9, 2020 | 7 PM TO 8:30 PM

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