

# **EDRC's Ask The Experts Presents:**

## **"The Plate by Plate Approach: How to Nourish Yourself Through an Eating Disorder"**

**Wendy Sterling, MS, RD, CSSD,  
CEDRD-S**



**Zoom only event**

**Saturday October 14th 2023  
9:30 AM PST**

Wendy Sterling, MS, RD, CSSD, CEDRD-S is a Certified Eating Disorder Registered Dietitian and Approved Supervisor through the International Eating Association of Eating Disorder Professionals, and a Board Certified Specialist in Sports Dietetics in the Bay Area in California. She specializes in sports nutrition, eating disorders, and utilizes a non-diet, Health at Every Size® approach in her practice. Wendy is a co-author of "How to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach to Reestablishing a Healthy Relationship with Food."

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