

# EDRC's Ask the Experts presents:

## Looking for the Grey: Combatting "Black and White" Thinking

**Saturday, March 30th, 2024**  
**9:30 AM - 11 AM PST**

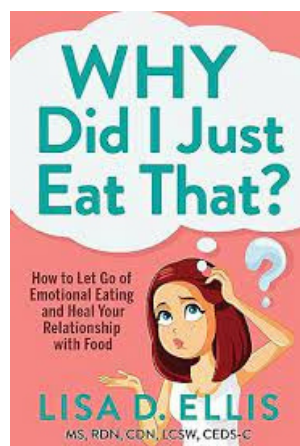
**PLEASE SEND YOUR QUESTIONS TO**  
**JOHN@EDRCSV.ORG**  
**BY MARCH 20TH**

### Lisa D. Ellis

MS, RDN, CDN, LCSW, CEDS-C Nutrition Specialist

**Lisa Ellis** is a Registered Dietitian, Certified Eating Disorder Specialist and Licensed Clinical Social Worker in private practice in Manhattan & White Plains, NY. She received a B.S. in nutrition and psychology from Simmons University; an M.S. in clinical nutrition from New York Medical College; and an MSW from Fordham University. Her areas of expertise include eating disorders and emotion-triggered eating in children, adolescents, adults and families. A recognized expert in the field of nutrition and emotion-triggered eating, she has contributed nutrition information to a variety of renowned publications.

Featuring Lisa Ellis,  
Author of *Why Did I Just Eat That?*  
*I Just Eat That?*



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