

# EDRC Presents: Ask the Experts

**Stephanie Brooks** MS, RD, CEDRD-S

Saturday, March 22 @ 9:30am-11am PST

## The Dietetic Treatment of Avoidant Restrictive Food Intake Disorder (ARFID)

**Stephanie Brooks**, a certified Eating Disorder Dietitian and Supervisor, Nutrition Therapist, and Consultant, is a nationally recognized expert in the field of disordered eating with over 20 years of eating disorder treatment experience. She uses her experience and passion for her work to help her clients obtain healthy relationships with food and their bodies so that they can get their life back and thrive. Stephanie practices Family Based Nutrition Therapy, "Health at Every Size" philosophy, and a mindful non-diet approach to help others obtain physical, mental, and spiritual health.

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PLEASE SEND YOUR QUESTIONS TO  
[JOHN@EDRC.SV.ORG](mailto:JOHN@EDRC.SV.ORG)  
BY MARCH 19TH.

