

Dr. Lauren Hartman MD

Saturday, March 28
9:30am–11am PST

Freeing Children & Young Adults From Shame, Scales, & Stigma

Dr. Lauren Hartman is a double board-certified pediatrician and adolescent medicine specialist with nearly 20 years of experience treating children, adolescents, and young adults; she has particular expertise in the treatment of eating disorders across both hospital and outpatient settings.

Throughout her career, Dr. Hartman has held numerous leadership positions at regional and national levels. Currently, she serves on the **Eating Disorder Committee for the Society for Adolescent Health and Medicine (SAHM)**, the premier professional organization for adolescent health specialists. Dr. Hartman maintains a private practice in Berkeley, California, **Aspen Grove Adolescent & Young Adult Medicine**, where she specializes in eating disorders.

She is the author of *Freeing Children and Young Adults from Shame, Scales and Stigma: A Practical Guide for Parents, Educators and Clinicians*, published in March 2026 by Routledge.

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SHANA@EDRCSV.ORG BY MARCH 26

