



Anorexia? **Bulimia?** **Binge eating?**

**What are the signs and symptoms
of an eating disorder?**

**Are you concerned your child or teen may be
suffering in silence?**

Join us for a free informal evening with

**Kelly Hinds
RD**

Wednesday

January 18th from 6-8 p.m.

Caring Connections Center

13626 Twin Peaks Rd. Bldg. 300

Poway, CA 92064

- ⇒ Is your child or teen constantly dieting regardless of weight?
- ⇒ Having frequent visits to the bathroom after eating?
- ⇒ Secretly bingeing or hoarding food?
- ⇒ Exercising constantly? Using diet pills?

**Prior registration is required. Please call the Caring
Connections Center at 858-668-4084 and leave your
name and phone number to register.**

Don't miss it!