

From Broken to Beautifully Broken: A Journey of Healing That Changed the Narrative of a Life

December 12 • 5:30 - 8 p.m. • \$20

Bridgewater Manor • 1251 Route 202/206 • Bridgewater, NJ 08807

Join us for a special evening of empowerment to assist you in overcoming life challenges and traumatic experiences which may make you feel broken. During this program, you will hear an inspirational story from one woman whose lack of self-care contributed to her downward spiral that led to an eating disorder and her journey back to health.

Understand factors that contribute to your overall well-being, causes of mental distress, signs of eating disorders, diagnosis, treatments and strategies to change your life.

Ella Shae, former eating disorder patient and author
Linda L. Mullin, LPC, ACS, CAMS-II, Clinical Director,
Eating Disorders Unit

Dinner will be served and a book signing will follow.



Register online at
<https://bit.ly/ajourneyofhealing>
or call 908-685-2814.

RWJBarnabas
HEALTH

Robert Wood Johnson
University Hospital
Somerset

Offered in collaboration with the Greater Somerset County YMCA.