



*An estimated 25% of college students suffer from an eating disorder. Living with an eating disorder, while balancing academic studies, being away from home and managing new relationships can be incredibly stressful and present unique challenges. Help is here.*

## Restore Confidence over the Winter Break **College Students with Eating Disorders**

**December 19 – January 6**

*Special Track Available at Walden Clinics*

Waltham, Braintree, Peabody, Worcester and Amherst, Mass.  
Guilford and S. Windsor, Conn.

- Skills training and therapy to reduce disordered eating, positively cope with on-campus stressors and confidently return for Spring Semester
- Coached meals and group outings mimicking dining halls & dorm life
- Special education, stress management and relapse prevention groups
- Evidence-based eating disorder treatment

**For more information:**

Email [admissions.questions@waldenbehavioralcare.com](mailto:admissions.questions@waldenbehavioralcare.com) or call 781-647-6727.



[www.waldeneatingdisorders.com](http://www.waldeneatingdisorders.com)