

goodbye ed, hello me®

An evening with Jenni Schaefer

From Recovery to Liberation:

Recover from an **Eating Disorder**
and Fall in Love with Life



When: Wednesday, April 15, 2015 at 8:00pm

Where: Columbia University- **Kent 413**
1140 Amsterdam Ave, NYC

Cost: **FREE** and open to the Columbia
community and general public

Jenni Schaefer is a leading motivational writer and speaker, appearing on *The Today Show* and in *The New York Times*, and at conferences and on college campuses nationwide. Her books include *Life Without Ed*; *Goodbye Ed, Hello Me*; and her latest *Almost Anorexic*, written in collaboration with Harvard Medical School. Learn more at www.JenniSchaefer.com.

**Opening presentation featuring Michael E. Berrett, PhD
Psychologist, CEO, and Co-Founder, Center for Change**

*Taking Care of Yourself While Helping a Loved One Who is in an
Addictive Process*

This presentation is designed to offer help and support for those who may have a loved one struggling with an addictive process, be it substances, eating disorders, gambling, sexual addiction, etc. Dr. Berrett will outline the process of addiction and offer ways to support a loved one while still taking good care of oneself. This presentation is not only educational, but also offers hope for those involved in an addictive process, as well as the people who love them. Learn more at www.CenterforChange.com.



Sponsored by Active Minds, Counseling and Psychological Services, and Center for Change