



RioRetreatCenter  
AT THE MEADOWS

Call to Register: 800.244.4949  
www.rioretreatcenter.com

WORKSHOP DATES:  
January 31, 2020 - February 2, 2020



# Life Without Ed®

## Transform Your Relationship with Food and Your Body

“Attending this workshop is one of the best things I’ve ever done for my recovery. It pushed me from the recovery plateau I’d been on for quite some time to a new level of engaging in life. - Jess”

Who am I without Ed (aka “eating disorder”)?

Will my body always be a battleground?

How can I find long-term balance with food and exercise in an eating disordered culture?

Will life transitions inevitably shake my recovery?

Will I ever be happy?

The new Life Without Ed® weekend workshop will dive into all of this and more. Developed in collaboration with Jenni Schaefer, Senior Fellow of The Meadows, and author of the breakthrough best-seller, *Life Without Ed*, this workshop brings the book to life and, more importantly, helps you to move beyond problems with eating and body image and to jump into your own life.

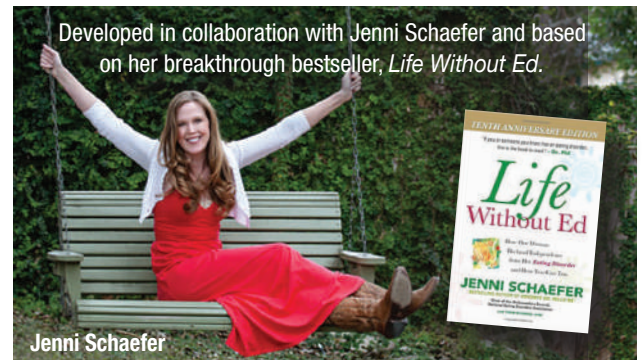
Co-facilitated by Jenni herself, this weekend will provide wisdom and practical tools to transform that oh so complicated relationship with food and body. Maybe you have already done a lot of hard work in eating disorder treatment, are no longer engaging in destructive behaviors, and find yourself asking, “Now, What?!” Or, maybe you have struggled with emotional eating for years—numbing your feelings with food and disliking your body—and never had the real chance to focus on healing.

Life Without Ed® is the chance to get the help that’s been missing and that you deserve. Additional topics to be explored include:

- Body acceptance—and even love—in a world that doesn’t accept our bodies
- Repurposing underlying traits, like anxiety and perfectionism, toward life goals
- What to do if you can’t fully let go of disordered eating
- What to do if, when you do let go of Ed, other self-defeating behaviors emerge, including alcohol and substance abuse
- Relationships and intimacy: building a village and creating boundaries
- Feelings and the fear of feelings, like guilt, shame, sorrow, and anger
- Navigating major triggers (e.g., your exercise-obsessed best friend, your doctor-prescribed diet for medical reasons)
- Making it through big life events without Ed’s help (e.g., college, marriage, divorce, babies, job loss, menopause)
- Grieving the loss of Ed
- Trauma, posttraumatic growth, and resilience after an eating disorder
- Sharing your story and supporting others

We will get creative with art, music, mindfulness, and movement. Get ready for some yoga or tai chi and a conversation about intuitive exercise, which sometimes means just taking a nap! We will help you to develop what Jenni has learned to call “leisure skills” (how to relax and have fun) and even the art of doing nothing.

The Life Without Ed® workshop is for women and men (ages 18 or older) who have struggled with disordered eating and all types of eating disorders. Basically, if you know Ed, have filed for divorce from “him,” and are working on finalizing those papers, this workshop is for you. Think of this retreat as a recovery—and life—boost.



### REGISTRATION

This workshop is limited to 20 participants. We encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at **800-244-4949**.

### COST

Early registration is \$1,350 a person until 45 days prior to the workshop start date, then \$1,500 a person. Meals, Yoga or Tai Chi, and access to the brain spa and gym are included in the cost.

### LOCATION

Rio Retreat Center at The Meadows  
1245 Jack Burden Road, Wickenburg, Arizona 85390

### LODGING AND TRANSPORTATION

Lodging at the Rio Retreat Bunkhouse is included in the cost for Friday and Saturday nights, and is purposely free of the distractions that often accompany hotel lodging. Rooms are simply appointed and are shared occupancy (two guests per room); guests will be placed with a roommate who is also attending the training. Transportation will be available from and back to the Phoenix Airport, and details will be sent with your confirmation email upon completion of the registration process.

### PLEASE NOTE

The Life Without Ed® workshop meets from 1:00 p.m. on Friday to Sunday at 4:00 p.m. The schedule is somewhat flexible to accommodate the size of the group and group process. Evening programming is provided after dinner between 6:00 and 7:00 p.m. The Meadows Rio Retreat campus is strictly alcohol and drug free and has a dress code, cell phone, and smoking policy. Please consult our Workshop Coordinator for more information.

### CANCELLATION/TRANSFER POLICY

We rely on accurate attendance count to make important arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you have to cancel your attendance, please contact our Intake Department at 800-244-4949 as soon as possible.