

*What a Registered Dietitian can provide :*

- Science-based nutrition assessment, education and counseling in a caring and supportive environment.
- Healthy nutrition guidelines and individualized nutrition care plan.

*What mentoring can provide:*

- Barbi's commitment, knowledge and life experience as an Eating Disorder survivor.
- **Support, strength and guidance** to help you balance your relationship with life and food.
- Learning positive behavioral coping skills around food designed to fight disordered eating thoughts and behaviors.
- Constructive feedback and observations to motivate hope, health and healing for your disordered eating.

**MOTIVATE**  
*Motivate*

**M**ove towards a trusting relationship with your body and food.

**O**ptimize “fueling” your mind, body and life passion to reach your hopes, goals and dreams.

**T**hink positive and learn to accept your body.

**I**magine your life with balanced eating.

**V**alue the joy and fun of nourishing your body.

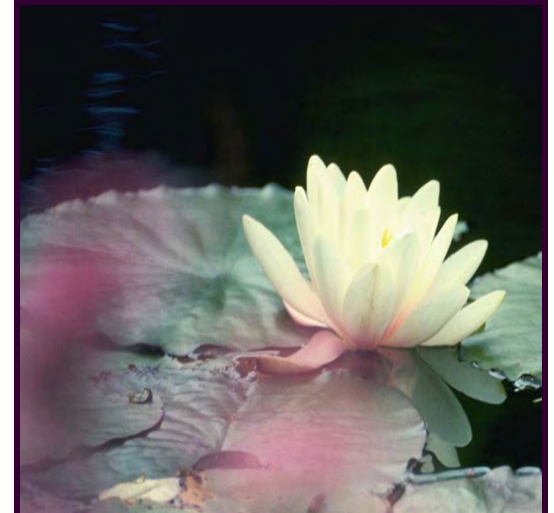
**A**cknowledge your body's Hunger-Fullness signals. Eat when you're hungry - stop when you're full.

**T**ake control - learn healthy behavioral coping skills with food.

**E**mbrace life with renewed purpose for a nourished new you.

*Body*   
*Balance*

*“Hope in a situation...  
when it feels like there is no hope.”*



**A unique, skill building program designed to motivate you into a healthy relationship with food.**

**With Registered Dietitians  
Linda Fredenberg & Stephanie Timlick  
alongside Motivational Mentor  
Barbi Webber, BSW.**

# Body Balance - Hope, Health and Healing for Disordered Eating

## PROGRAM OPTIONS

### Education, Awareness and Prevention Presentations



### Support Group Workshops



### Individual Consultation and Mentoring



**Hope line: 212-0478**

(completely confidential)

[www.summithealthcenter.com/nutrition/disordereating.htm](http://www.summithealthcenter.com/nutrition/disordereating.htm)

## PROGRAM FEES

- Fee amounts vary. Please call The Summit Medical Fitness Center for more information, 751-4500.
- The Northwest Healthcare Foundation graciously accepts your charitable gifts on behalf of the Body Balance program, providing hope, health, and healing for disordered eating. Call 751-6930 or make checks payable to Northwest Healthcare for Body Balance, 310 Sunnyview Lane, Kalispell MT 59901.
- Scholarships are available for those who qualify.

## *Body Balance offers Hope, Health and Healing.*

Specially trained dietitians and mentors provide support, strength, and guidance for those faced with disordered eating challenges, including but not limited to: anorexia, bulimia, compulsive overeating and obesity.

Disordered eating is when the joy and fun of feeding, fueling and nourishing the human body is replaced with feelings of guilt, shame, and life stress.

## *Meet Your Mentors*

### *Linda Fredenberg... R.D.L.N.*

is a native Montanan who received her Bachelor of Science Degree from Montana State University. She completed a dietetic internship at Brigham and Women's Hospital in Boston, Massachusetts, a teaching affiliate of Harvard Medical School. Linda has been a registered dietitian since 1979. Previously she served as the Student Health Service nutritionist at Montana State University and as a clinical nutrition instructor at Flathead Valley Community College. She is employed as a

Clinical Dietitian at Kalispell Regional Medical Center and The Summit Medical Fitness Center. Linda specializes in pediatric nutrition, disordered eating and medical nutrition therapy. She presents lectures and workshops on nutrition topics for the community and health professionals.

### *Stephanie Timlick... R.D.L.N.*

is a Kalispell native who received her Bachelor of Science Degree in Food and Nutrition from the University of Idaho. She completed a dietetic internship at Sacred Heart Medical Center in Spokane, Washington. Her nutrition career began in Seattle working as a Spanish speaking Dietitian where she provided nutrition education to women and children of all nationalities. Stephanie is an Outpatient Dietitian employed by The Summit Medical Fitness Center specializing in disordered eating. She provides nutrition presentations for corporations and the community.

### *Barbi Webber... B.S.W.*

received her Bachelor's Degree in Social Work from the University of Montana and is a member of the National Association of Social Workers. Barbi is a survivor of anorexia and bulimia who has mentored individuals suffering from disordered eating over the past 25 years. She brings motivation from her positive behavioral skills she created to dig her own way out of an eating disorder. Barbi is a motivational speaker on behalf of eating disorder education, awareness, and prevention.