



# RIPE NEWSLETTER

March 2013

## Welcome....

Hello to everyone! We are thrilled to be finally putting pen to paper and sending out RIPE News. We have been so busy and have so many new projects on the go and in the pipeline we thought it would be good to tell you all about it.

## Social Media

(We've worked it out!)

[www.facebook.com/recoveryispossibleforeveryone](http://www.facebook.com/recoveryispossibleforeveryone)

Twitter: @saraheharry

## NEW! NEW! NEW!

Launching in ARPIL is our new group. After many requests we have decided to try a follow up program for those who have finished RIPE and those who are after a supportive group for Bulimia and Binge Eating, but not the whole program.

**TA-DA! See our website or click here**

[www.trybooking.com/41011](http://www.trybooking.com/41011)

CONTACT US:

[SARAH@RECOVERYISPOSSIBLE.COM.AU](mailto:SARAH@RECOVERYISPOSSIBLE.COM.AU)

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## Life...

We now have 4 boys and 2 dogs between us!



Fi's beautiful boys Bailey and Jack



My Cheeky 2: Charlie and Maxy

## Intern Program...

An important part of RIPE is our intern program, open to post graduate level students or recent graduates in Dietetics, Psychology, Social Work and Counselling.

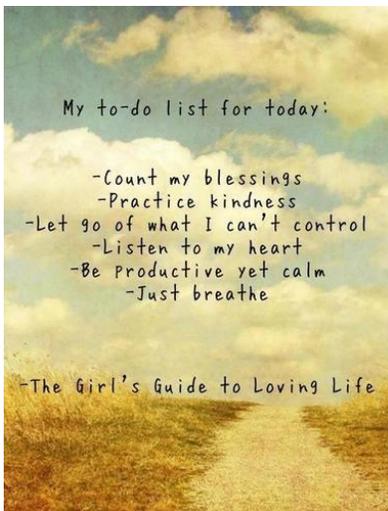
A special thank you to **Anna Henry, Megan Holden and Amy Bowie** our amazing interns in the last 12 months.

Anyone interested can contact me.  
[.sarah@recoveryispossible.com.au](mailto:.sarah@recoveryispossible.com.au)

## News from Sarah.....

### BODY POSITIVE YOGA

Soooo.....I'm finally taking a leap and doing my yoga teacher training this year (it's amazing). I can't wait to start teaching (Dec) and have mental health and body image classes and workshops all buzzing about in my head. So watch out, I will let you all know. I still have a private practice in Armadale in case you ever need a bit of one on one attention.  
Sarah xx



## RIPE Retreat!

*We thought it would be incredible to take RIPE on the road next year....to say Bryon Bay (think eternity pool). We are going to have our first body lovin' Retreat. All the details need to be fine-tuned but expect yoga, meditation, workshops and deliciousness for your body, mind and soul.*

## News from Fi.....

I too am embarking on something different & exciting after joining the Psychology Department at La Trobe Uni. We are developing a resource for *parents of children aged 2-6* aimed at *increasing positive Body Image & healthy eating behavior* with the aim of preventing dieting eating disorders. Those who have been the priveleged witnesses to my (in)famous "rants" will know this is a perfect project for me!

I'm continuing doing my work with athletes & balancing it all out with family life. It's a fun & very busy time!

I am not doing any formal private practice work, but have caught up with a few RIPE-ers after groups at Discover Health in Eltham, it's been a real pleasure to catch up with various people for a bit of a "top-up" of RIPE energy. So please contact me if you're interested or I can refer you on.....

