



# RIPE Newsletter # 2 April 2013

## A big hello!

Welcome to our second newsletter of this year. We have had a steep learning curve in cyber space but with the unrelenting support of our wonderful family, friends, colleagues and group members we feel much less like oldies and perhaps little more hip??

We have launched a [new website](#) (which we LOVE) and hope to fill it regularly with gorgeous ideas, inspiration and tips to make your life a little more special.

We have had the pleasure of presenting to a wonderful group of final year Dietetic students at Deakin University, it's truly inspiring to connect with such enthusiasm and warmth for what we offer. Thanks!

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## NEW GROUP

Starting Sat 29<sup>th</sup> June

Contact us for more details....

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## RIPE in the Blogosphere.....

Check out our latest blogs [here](#)

**Diets – Debunked (by Fi)**

**Group Therapy. Who? Me? (by Sarah)**

*Sarah shares her experience of group therapy as a mum and explains the power of sharing and experiencing with like-minded women.*

## Conference News!

Both Sarah and Fi have submitted abstracts for the **Australia and New Zealand Academy of Eating Disorders Conference** going to be held here in Melbourne in August. Sarah is hoping to do a brief oral presentation of the amazing results we had from our collaboration with Masters students from Monash University who evaluated our program. On an entirely different note, Fi is hoping to present a 90 minute workshop on working the unique nature of working with athletes and eating disorders.

## Workshops 2013

Sat June 22<sup>nd</sup> 9-12pm

### “Relax & Reconnect”

Suitable for all past group members & general public.

Come along to learn or practice essential life & recovery skills in relaxation and mindfulness  
Run by both Sarah & Fi at The Augustine Centre, Hawthorn

#### **Dates for your diary:**

August 2013 (date TBC)

Professional Development – “Counselling Skills for Dietitians”

#### **August 31<sup>st</sup> 2013 “Ditch the Diet”**

Discuss & explore alternative ways to manage your weight and promote your wellbeing long term

#### **Sat Nov 23<sup>rd</sup> 2013 “Making Peace with Food and your body”**

Come & find positive ways to greet summer with less stress!

Click [here](#) for bookings and further information

BE GOOD TO YOURSELF  
PRACTICE SELF-CARE  
TODAY

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## RIPE in Social Media

Check out latest blogs, news and fantastic resources!

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

Twitter: @saraheharry

## Mindful Eating on You Tube...

There are loads of them but click on the links to check these out.....

Susan Albers explains "[Eating Mindfully](#)"

[Lillian Cheung "Savour"](#)

A [mindful eating meditation](#) from the Mindfulness Clinic

## Brilliant Blogs

[Create Your Perfect Day](#) – Beautiful You by Julie

[When Being Good is Bad](#) – Green Mountain at Fox Run

### Contact us!

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## RIPE Retreat Update:

There's no going back now! We have made our deposit on an incredible location in **Byron Bay** for late March 2014. At our Ultimate Body Lovin' Retreat expect yoga, nourishing food, fabulous company and lots of great workshops. We have already had several beautiful past group members express their interest so we are SO excited. We're thinking a quick personal tour of the venue might be in order (if our families will let us!!).

Keep an eye on [our website](#) for further information soon or click [here](#) if you would like us to add you to our "thinking about it" list!

