

**Help has arrived for eating disorder patients in exclusive area-based program.**



**Pennsylvania, Emmaus, Mar 8, 2021 ([Issuewire.com](https://www.issuewire.com))** - Empower Nutrition & Wellness is proud to launch the only outpatient eating disorder recovery program of its kind here in the Lehigh Valley, featuring integrated care services such as nutrition counseling, psychotherapy, meditation, activity-based therapy for focusing and boundaries, 1:1 yoga, massage, group support, and situational awareness/self-defense.

Patients will attend 3 days per week, 4 hours per day, and have a choice of morning or afternoon sessions. Most major health insurances are accepted for nutrition and psychotherapy sessions. Reservations in the program can be made through the website [liveempowered365.com/disordered-eating](https://liveempowered365.com/disordered-eating), and with a deposit.

"Recovery is possible through self-awareness, self-acceptance, self-confidence, and self-care," says Andrea Barnes, owner of Empower.

Empower Nutrition & Wellness is a woman-led, collaborative care practice, offering a safe space for men, women, BIPOC, and LGBTQA+, owned by Andrea Barnes, MSCN, RD, LDN, FAND. Barnes is also a doctoral student of behavioral health and the President-elect of the Pennsylvania Academy of Nutrition and Dietetics.

For more information, please contact Andrea Barnes at [abarnes@liveempowered365.com](mailto:abarnes@liveempowered365.com)



## Media Contact

Andrea Barnes

[abarnes@liveempowered365.com](mailto:abarnes@liveempowered365.com)

484-866-1115

100 Keystone Avenue, Emmaus, PA 18049

Source : Empower Nutrition & Wellness, LLC

[See on IssueWire](https://www.issuewire.com)