



## Recovery Community Workshop

### **"Why Can't I Stop?"**

presented by **Beth Riley, LISW-CP, CEDS-S**

**Wednesday, March 20, 2019 • 7pm-8pm**

**At Pavillon Greenville Outpatient Services**

101 Pelham Commons Blvd., Greenville, SC 29615

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Beth Riley will discuss how to recognize unseen triggers that may be contributing to self-destructive behaviors including stress and emotional eating and substance use. She will help you identify areas of your life that you may not have realized are increasing your stress. Participants will walk away with an enhanced understanding of the reasons behind their behaviors and hands on tools for stress reduction based on cutting edge research and her 22 years of professional experience working with eating disorders and addictions.

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### **Beth Riley, LISW-CP, CEDS-S**



Beth Riley is a therapist, lecturer, writer and consultant with a national reputation for innovative programming in the field of eating and body related disorders. She is a Certified Eating Disorder Specialist who has developed an expertise in treating individuals binge eating disorder, emotional eating and compulsive overeating. Her unique approach combines years of training in cutting edge therapies, nutrition and exercise. She understands that each person has unique needs and that individualized treatment is essential to

creating overall wellness and long-lasting effects. Beth offers a unique perspective since she has been through her own struggles with food and exercise and went through extensive treatment in her 20s to overcome them.

Beth is the CEO of Riley Wellness Group which provides innovative services to women seeking empowerment and healing from eating disorders, depression, anxiety and other women's issues. She expanded the services to incorporate all aspects of wellness, including a focus on self-care and aligning with your authentic self. Beth began her career as an outpatient therapist and eventually started the first eating disorder center in South Carolina in 2013, which was acquired by a premier national treatment center in 2015. She has received training from some of the leading experts in the field including Dr. Ralph Carson and Dr. Jennifer Gaudiani.

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*All are welcome, No RSVP needed*

For more information contact Alumni Services

828-694-2300

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