



# Eating Recovery Program



**SIERRA TUCSON®**

Where Change Begins®



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## Eating Recovery Program

Sierra Tucson's Eating Recovery Program provides comprehensive treatment for individuals struggling with disordered eating as a co-occurring condition. It supports the recovery process as a secondary program.

## Breaking Through Denial

Our treatment model has a strong therapy focus on experiential work, shame reduction, understanding the basic disease concept, and recovery. Residents are assisted in developing mindful movement. Our Eating Recovery Program assists individuals in breaking through denial by identifying underlying causes.



## Nutrition Philosophy

Developed by registered dietitians, the menu at Sierra Tucson focuses on incorporating the latest medical and nutritional recommendations. Residents are encouraged to learn to enjoy the natural flavor of nutritiously prepared foods and may participate in hands-on meal prep.

Sierra Tucson's Eating Recovery Program includes a personalized, structured meal plan to assist in learning balanced eating behaviors. Mindful and nutritious eating is presented with the guidance of our registered dietitians.

**For more information  
call 844-215-1400 or visit  
[SierraTucson.com/Eating](https://SierraTucson.com/Eating)**

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