

# News Release

For immediate release  
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## Courage and Connection Celebrates Healthy Weight Week

### *Arbour-HRI Hospital Program Places Emphasis On Maintaining Nutrition*

**[January 18, 2008] Brookline, MA:** Courage and Connection, a partial hospitalization and intensive outpatient program at Arbour-HRI Hospital, is joining in the January 20-26 celebration of “Healthy Weight Week” to emphasize the value of maintaining proper nutrition and a naturally healthy weight.

“Weight is often a difficult topic for people to discuss; an individual’s relationship with food and weight is often very shameful,” says Allison Scrivens, Clinical Coordinator of Courage and Connection. “But, the health of a person is a reflection of their lifestyle, not their weight. ‘Healthy Weight Week’ is a recognition of this distinction. A preoccupation with weight and food can cause a person’s health to suffer. In some cases, that relationship with food can lead to the development of a negative body image or eating disorders like binge eating, bulimia and anorexia.”

Courage and Connection recognizes that recovery takes incredible courage. The program helps women redefine their relationship with nutrition. The goal of the track is to interrupt disordered behavior cycles by developing and practicing healthy eating strategies and by learning skills for managing difficult emotions.

“Healthy Weight Week” is a time to encourage people to break the cycle of fasting, fad diets, binge eating or skipping meals, and to focus on living a nutritious, full life. Courage and Connection empowers women with knowledge of a healthy balanced diet by providing regular meeting with a licensed dietitian in addition to traditional therapy. This environment creates an atmosphere of compassion and empowerment, and produces a coordinated team to provide consistent care.

The Courage and Connection track at Arbour-HRI Hospital’s Women’s Partial Hospitalization Program, offers women treatment for co-occurring psychiatric and eating disorders. This includes binge eating, bulimia, anorexia and other eating disorders. The program provides strategies, insight and skills to help women navigate the terrain of recovery. Courage and Connection provides care for women of all body sizes who struggle with an unhealthy relationship with food and their body.

“Healthy Weight Week” was started 15 years ago by the Healthy Weight Network’s founder Francie M. Berg, a licensed nutritionist and adjunct professor at the University of North Dakota School of Medicine. Healthy Weight Week focuses on the need for a healthy lifestyle and seeks to improve health in positive way. It celebrates normal habits that prevent eating and weight problems, rather than intensifying them.

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*Arbour-HRI Hospital is a behavioral health facility located at 227 Babcock Street, Brookline, MA, which includes inpatient, partial, and intensive outpatient services. The hospital includes partial hospitalization programs including a general adult psychiatric; adult dual diagnosis; the Triangle Program for gay, lesbian, bisexual and transgender individuals; and the Women’s program. The inpatient services include general adult; The Center for Women’s Development; and dual diagnosis services for those who have a co-occurring psychiatric and substance abuse disorder.*

*Arbour-HRI Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. Other organizations of Arbour Health System include Arbour Hospital in Boston, Arbour-Fuller Hospital in South Attleboro, Pembroke Hospital, Westwood Lodge, Lowell Treatment Center, Arbour SeniorCare, The Boston Center, Choate ESP, and outpatient Arbour Counseling Services centers.*

***For more information or to schedule an evaluation, call 800-22-ACCES***