

The ANAD Recovery Mentor program pairs someone who has beaten an eating disorder with a person working on their own recovery.

Mentors are 21 and over, have been recovered for two or more years, and are willing to share their wisdom, love, and experience. They text, call, and email mentees, supporting them in committing to their recovery.

Want to get involved? Apply today!

# BECOME A MENTOR



ANAD.ORG



RECOVERY  
IS REAL.  
YOU ARE  
LIVING PROOF.



ANAD

YOUR FUTURE IS WORTH FIGHTING FOR