

The Good Life

Serving the Neighbors of South Reno | October 2014

A photograph of two women standing on a rocky ledge next to a small waterfall. The woman on the left has long reddish-brown hair and is wearing a white sleeveless top, blue jeans, and pink cowboy boots with white floral patterns. She is holding a small tan Chihuahua. The woman on the right has long blonde hair and is wearing a black long-sleeved top, black leggings, and black boots. She is holding a small brown and white dog. The background shows a natural setting with rocks and greenery.

*Enchanting Italian Ambience
in South Reno:*
Meet Cheri' Rhodes of Un Caffé



Best Version Media

Cover photo by Paige Wickum, photofrickum

Eating Disorders: Hope and Recovery in Reno

By Stephanie Myers



There is a place of safety away from the harsh chaos of an eating disorder right here in Reno called Center for Hope of the Sierras. Nestled in old trees and family homes along Mayberry Drive sits a quiet old ranch style house, the kind of house where you'd want to sit on the front porch for hours talking with friends. This house is home to the specialized healers at Center of Hope of the Sierras for residential and outpatient treatment.

The Center provides a place for women to reconnect with themselves to overcome eating disorders and related illnesses. Amongst overstuffed couches, the Center becomes a place of comfort for women seeking recovery in residential treatment. Here they receive 24-hour care and support in a place where peace, personal space and individuality are priorities.

For those seeking aid who would like to live in their own homes, the Center offers outpatient programs to both men and women ages 14 and up. Understanding that

eating disorders are highly individualized, treatment programs are as unique as each patient and cater to personalized needs.

This type of healing couldn't happen without the dedicated staff at the Center. A team of specialized therapists, nurses, diabetes educator, doctors and dieticians provide round the clock service for the women receiving residential treatment and a constant support team for outpatient treatment. In addition to classic Western medicine, a team of unconventional healers is available for a more holistic approach. Unique therapy offerings from equine therapy, yoga, massage, culinary experience and meditation help heal patients both physically and mentally.

The goal of Center for Hope of the Sierras is to heal patients for a lifetime of health and positive body image. For more information visit www.centerforhopeofthesierras.com or call (866) 690-7242.

Farmers. Exceptional Auto Coverage,
In Northern Nevada



Most accidents happen close to home.
Isn't that where your agent should be?

With Farmers, you can achieve savings without compromising great coverage. Call us for a variety of insurance discounts available in Reno.



ERIC OWENS

YOUR LOCAL FARMERS AGENT
CANNOT WAIT TO MEET YOU!

- AUTO
- HOME
- LIFE
- MOTORCYCLE
- COLLECTIBLE AUTO
- BUSINESS
- RENTER
- BOAT
- MOBILE HOMES
- CONDO

Personal service you deserve...Call today!

775-348-4700

592 California Ave, Reno, NV 89509

<http://www.farmers.com/central>

FARMERS
INSURANCE