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## **Teen Talk: Eating Disorders and How to Help a Friend Who May Have One**

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**Tagged as :** [Eating Disorders 2018](#), [Sara NiegoSilver Hill Hospital 2018](#)

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Myths about eating disorders and how to help a friend who may have one are the subjects of this month's "Teen Talk" program on Tuesday, Feb. 27 at The Depot Teen Center.

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The speaker will be Silver Hill Hospital's Dr. Sara, Niego, service chief, eating disorders at Silver Hill Hospital. Niego is speaking as part of Depot's "Teen Talk" program for high school-age students.

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The event takes place Tuesday, Feb. 27 from 7:30 to 8:30 p.m. at the Depot on Heights Road. Teen Talk is held on the last Tuesday of the month; with topics coming from teens.