

ViaMar Health: Pioneering Holistic Eating Disorder Recovery in West Palm Beach

Innovating Recovery: Michelle Klinedinst Shares Her Vision for Transformative Eating Disorder Treatment at ViaMar Health



West Palm Beach, Florida Dec 27, 2024 ([Issuewire.com](https://www.issuewire.com)) - Michelle Klinedinst, founder of ViaMar Health, recently shared her unique perspective and insights in an exclusive online interview, shedding light on her journey as a leader in eating disorder treatment. This feature highlights Michelle's vision for compassionate, patient-centered care and the innovative ways ViaMar Health integrates mindfulness, family involvement, and holistic healing into its programs.

In the interview, Michelle reflects on what inspired her to create ViaMar Health, a treatment center that

has become synonymous with hope and healing in West Palm Beach. Driven by a personal connection to the challenges faced by individuals struggling with eating disorders, she designed ViaMar Health to be a safe haven where patients can reconnect with themselves, their loved ones, and their futures.

“My days start with a moment of mindfulness—a walk by the ocean or a few deep breaths,” Michelle shares. “It reminds me of our mission and keeps me grounded in the purpose behind everything we do.” This daily ritual not only sets the tone for her leadership but also underscores the importance of mindfulness as a cornerstone of ViaMar Health’s approach.

The interview also highlights Michelle’s belief in listening and adapting as strategies for growth. She explains how feedback from patients, families, and team members has shaped the center’s evolution. Early challenges, such as underestimating the role of family involvement, became opportunities for innovation. Today, ViaMar Health’s family-based programming is one of its defining strengths, offering education, therapy, and support that extend the healing process beyond the individual.

Michelle emphasizes the transformative power of mindfulness in treatment, noting its ability to help patients break free from negative thought patterns and rebuild a healthy relationship with their bodies and emotions. She describes mindfulness practices such as body scans and mindful eating as simple yet profound tools that empower patients to navigate their recovery journey with resilience and self-compassion.

As a leader, Michelle’s passion for personal growth and self-care extends to her team. “The best \$100 I spent recently was on mindfulness cards for our team,” she notes. “They’ve helped us stay connected and centered, even during challenging times.”

The interview reveals a dynamic and empathetic leader whose approach to healing goes beyond traditional methods. “Recovery isn’t just about stopping harmful behaviors; it’s about rediscovering joy and embracing life fully,” Michelle explains.

About ViaMar Health

ViaMar Health, based in West Palm Beach, Florida, is a premier eating disorder treatment center dedicated to compassionate, holistic care. By combining evidence-based therapies with mindfulness practices and family involvement, ViaMar Health empowers individuals and families to achieve lasting recovery.

To read the full interview, click [here](#).

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