

## About Change in Action

Change in Action is a registered 501(c)(3) non-profit organization dedicated to removing the reminders of a painful past -- tattoos and scars -- that resulted from abuse and exploitation. Each month, [Del Mar Aesthetic](#) nurses, under the direction of Mary Anne Fuchs, MD, volunteer to help survivors of sex trafficking, gang activity and domestic violence to move on with their lives by removing these tattoos and scars.

### Leaving the past behind.

Change in Action was founded in 2011 by Ronda Petersen while working with the San Diego Family Justice Center. Her intent was to help survivors of violence, exploitation and abuse get plastic surgery but recognized that the biggest need was tattoo and scar removal. Ronda founded Change in Action to help those who demonstrate their desire to get their lives back on track. For these survivors, seeing the scars and tattoos are painful reminders of the past they want to leave behind.

“To be free of the physical reminders of abuse and exploitation enables survivors to move forward with their lives,” said Ronda Petersen, *Change in Action* Founder and *Del Mar Aesthetic* Director. “We are grateful to be able to give back to the community in this meaningful way, and feel very rewarded to be a part of their journey of healing.”

### Life changing work.

Change in Action changes lives. We care for 35-50 patients every 6 weeks. It takes up to 10 sessions to remove a tattoo. Nurses from Del Mar Aesthetic, Laurie Pindel Peterson, Patti Abramson, Gina DeMers, Elisabeth Flores, and Linda Carol volunteer their time to do this using Laser tattoo removal equipment and Fraxel lasers for scars. We've provided over \$113,000 of tattoo and scar removal for free in 2015 alone.

"I don't want my past to follow me. I always dreamed of getting married some day and wearing a sleeveless dress and looking like a princess. And now I'll be able to do that. I feel really blessed to have had this opportunity." *AnaKaren, 21, reformed teen drug addict who now attends college and works with teenagers.*

"So rewarding to see these girls change their lives around."  
*Michele Linley, San Diego Deputy District Attorney, sponsor of*

*the tattoo removal program run by probation department.*

"They (tattoos) are fading and the memories are fading with it. We are all really grateful for it. Truly changing lives."

*Yoli, participant in National Crossroads work re-entry program for women recently released from prison.*

### **Who is eligible?**

Patients must be referred by government and non-governmental agencies including probation system, longterm incarceration facilities, or the court or other non-governmental agencies. We have established relationships with SDPD Probation and Gang Suppression Unit, San Diego Family Justice Center, San Diego Youth Services, North County Lifeline, to name just a few.

### **Please join us.**

For more information about this life changing work, please contact Ronda Petersen at [rondampetersen@gmail.com](mailto:rondampetersen@gmail.com) or call (619) 850-7264.

### **About Del Mar Aesthetic**

Under the leadership of Mary Anne Fuchs, MD, FACEP, Del Mar Aesthetic has offered exceptionally natural looking results to its clients for over 5 years. Now one of the top 1% of medical spas nationally according to Allergan, makers of Botox, Juvederm and Voluma, Del Mar Aesthetic is conveniently located in the Del Mar Heights neighborhood. The medical spa offers a combination of aesthetic techniques and skin care including Botox, dermal fillers and other skin care and laser treatments for a natural, youthful, wholesome look, with minimal to no downtime.

"We are pleased to support *Change in Action*. We feel blessed to be in a position to give back," said Mary Anne Fuchs, MD and founder of Del Mar Aesthetic.