

Balance: An Eating Disorder Support Network

Description:

Balance is an interactive social network for women who are overcoming an eating disorder. The group will focus on activities that promote self confidence in every day life for participants such as dining out, shopping for clothes, healthy exercise and nutrition. Balance has a heavy social emphasis encouraging interaction with members inside and outside of the group. The group meets once a week for an hour and a half on Monday evenings. Some meetings involve activities while others center around discussion. This group is for women who are proactive about thier recover and who are willing to be challenged in real life settings; women who are adventurous and who would like to meet and spend time with other women experiencing the same challenges. Cost of group is \$15 for 10 sessions.

Country: USA

City: Birmingham

Zip: 35242

Website: <http://>