

**ANAD sponsored Eating Disorders Support
Group - FREE**

Description:

Constantly thinking about food, weight, and body image?

Are you always dissatisfied with your body?

Do you ever deny or hide your eating behavior?

Do you compulsively exercise?

Do you ever vomit after a meal to
control your weight?

Do you binge or emotionally eat?

Are you counting calories, fat grams,
preoccupied with numbers, and the size of your
clothes?

Do you have a friend or family member who
needs help but you're not sure what to do?

This is a free support group to assist individuals in a
greater understanding of the complexity of eating
disorders and maintaining lifelong recovery.
Contact me for more information.

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