

## **EDA Augusta (Eating Disorders Anonymous)**

### **Description:**

Eating Disorders Anonymous (EDA) is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders. People can and do fully recover from having an eating disorder. Our primary purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders. In EDA, we try to focus on the solution, not the problem. Solutions have to do with recognizing life choices and making them responsibly. Diets and weight management techniques do not solve our thinking problems. EDA endorses sound nutrition and discourages any form of rigidity around food.

Country: USA

State: Georgia

City: Augusta

Website: <http://www.edaaugusta.com>