

Young Women's Holistic Healthy Eating Support Group

Description:

This support group is intended for women ages 20-35 who would like to recover from an eating disorder or dieting and would like to learn how to incorporate healthy foods into their diet. It's about nourishment instead of deprivation. There is physical, mental, emotional and spiritual emphases in this group.

Address Line 1: Washington Heights, Midtown,
Upper East Side

Country: USA

State: New York

City: New York

Zip: 10040

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