

Freedom From Overeating

Women's support group for compulsive and binge eaters



Join us for this 8 week group that will use mindfulness techniques and mutual support to help you get control over emotional and binge eating and get in touch with your bodies natural appetite.

- Rebuild trust in your body
- Learn to “surf the urge”
- Understand the cycle of addiction to “hyper-palatable” foods
- Learn to eat consciously and well

Mon. 7:00-8:30pm Sept. 7-Oct. 26

8 sessions--\$400

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