

A WEIGH OUT:

A special therapy group for those who binge and emotionally eat

**Do you feel emotionally empty inside and use food to try and fill that void?
Do you eat because you're bored, angry, stressed out, excited, depressed or anxious?
Do you feel guilty about how much you eat but feel compelled to keep eating?**

Understand the difference between hunger, craving and desire.

**Discover what emotions you're really covering up,
and learn to live the happy, healthy life you deserve.**

*This **8-week group** will cover topics including healthy relationships, increasing self-love, and relapse prevention, along with nutrition topics such as mindful/intuitive eating, impulsive vs. planned eating, and breaking the cycle of emotional eating.*

Space is limited to 15 participants. Register by **October 9** and receive a 15% discount.

The group begins **Thursday, October 22nd at 6 pm** in Millersville (*address below*)

Fee: \$400 for 8 weekly 90-minute sessions.

Insurance may cover part of the cost of this program. Call number below for more details.

Facilitated by:

Andrew Walen LCSW-C

Director of The Body Image Therapy Center



Rebecca Bitzer MS, RD

Nutritionist and owner of
Rebecca Bitzer & Associates



Group Location:

Millersville Psychological Services
I-97 Business Park
1110 Benfield Boulevard, Suite H
Millersville, MD 21108

**To be sure this group will meet your needs,
all participants must first set up an initial
phone interview with Andrew.**

Phone: 443-602-615

Email: andrew@thebodyimagecenter.com