



Beyond Hunger presents:

## IT'S NOT ABOUT FOOD

A One Day Workshop with  
Carol Normandi, MFT  
& Laurelee Roark, MA, CCHT

Are you tired of the endless cycle of dieting and binging?  
Are you sick of wasting time hating your body and trying to change it?  
Did you know you can be finished with dieting, once and for all?

"Discover the differences between your physical hunger and emotional hunger. Develop compassion for your self and your eating disorder, transforming whatever shame and hatred you have into a deep respect for your eating disorder's ability to keep you alive and be the voice for your soul."

*-It's Not About Food*

THROUGH LECTURE AND EXPERIENTIAL EXERCISES YOU WILL LEARN TO:

- ◆ develop compassion for your self and your eating/body issues
- ◆ discover the differences between your emotional and physical hunger
- ◆ understand the underlying emotional reasons and how to nurture yourself in ways other than overeating, undereating, or obsessing about food and weight
- ◆ transform body shame and hatred into respect and love for your body

Come free yourself  
from the obsession  
with food and weight!  
To register call  
Beyond Hunger  
at (415) 459-2270

**TIMES:**

SUNDAY, APRIL 25TH, 2010  
8:45AM-4:30PM

**LOCATION:**

SAN RAFAEL, CA 94901

**FEE:**

\$150

\*LIMITED SCHOLARSHIPS AVAILABLE

**Beyond Hunger, Inc.** is a non-profit organization that provides support groups, workshops, and education to individuals struggling with eating disorders. Beyond Hunger is funded in part by generous donations from: The Rotasa Foundation, The Freitas Foundation, Irene S. Scully Family Foundation, Marin Charitable Association, Tamalpais Bank's Community Outreach Program, The Henry Mayo Newhall Foundation, Ms. Annikka Berridge and private donations. Beyond Hunger's approach is described in the teen book, *Over It: A Teen's Guide to Getting Beyond the Obsession with Food and Weight*, and *It's Not About Food: End Your Obsession With Food And Weight*, for adults written by Carol Normandi, MFT & Laurelee Roark, CCHT.

BEYOND HUNGER \* P.O. BOX 151148 \* SAN RAFAEL, CALIFORNIA \* (415) 459-2270  
[www.beyondhunger.org](http://www.beyondhunger.org)