



Freedom from the Obsession with Food and Weight

DROP-IN SUPPORT GROUP

For adults and teens struggling with food and weight issues
Friends and family members are also welcome to attend

All support groups are facilitated by Beyond Hunger Facilitators who are trained in Beyond Hunger's non-diet approach that looks at the emotional issues that lie beneath the obsession with food and weight. Each week's topic will be taken from the *10 Principles of Beyond Hunger* (see reverse).

When: Every Saturday
9:30am to 11:00am

Where: The Beyond Hunger office:
1930 Fourth Street in San Rafael, CA
Enter driveway right after Sun Company Tanning.
Beyond Hunger is up the stairs in the back left corner of
the yellow building. Limited parking is available in the lot.
Additional parking is on the street and at 1924 Fourth St.

Cost: \$20 per person (sliding scale)



For more information please call (415) 459-2270

Beyond Hunger, Inc. is a non-profit organization that provides support groups, workshops, and education to individuals struggling with eating disorders. 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, & Laurelee Roark, CCHT.

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