

Eating Disorder Support Group

Constantly thinking about food, weight, or your body?

- Do you constantly feel dissatisfied with your body?
- Do you ever deny or hide your eating behavior?
- Do you compulsively exercise?
- Do you ever vomit after a meal to “control” your weight?
- Do you find yourself emotionally eating or binging on a regular basis?
- Do you feel preoccupied with numbers, counting calories, or the size of your clothes?

FREE PEER LED EATING DISORDER SUPPORT GROUP

Every Sunday from 4:00pm to 5:00pm
held at EDCare Colorado Springs
3460 Briargate Blvd, Colorado Springs, CO 80920

For more information, call or email:
(719) 578-5132 | infoCS@eatingdisorder.care

National Association of Anorexia Nervosa & Associated Disorders
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