

## 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

**WHEN:**

Every Saturday from 1:00pm to 2:15pm

**WHERE:**

Due to COVID-19, this group is being held virtually. Please contact our center for the login information.

*For more information, call or email:*  
913.945.1277 | [infoKC@eatingdisorder.care](mailto:infoKC@eatingdisorder.care)