

F . E . E . D

Freedom From Emotional Eating And Distorted Body Image

Support group designed for those struggling with
binge eating, bulimia, and emotional eating.

Topics include: mindfulness, skills-based training (ACT,
CBT-E, and stress management), meal planning, relapse
prevention, and meal outings

Led by a Licensed Therapist and Licensed Dietitian

Mondays, 6:30-8:00pm

\$325

FOR A 6 WEEK COMMITMENT

Save \$35

\$115 Biweekly

FOR A 6 WEEK COMMITMENT

Save \$15

\$60 Weekly

FOR A 6 WEEK COMMITMENT

REGISTER TODAY

www.changingcoursenutrition.com/feed

Please bring your dinner



(864) 334-8098
Hosted at Eastside Family Therapy
28 Parkway Commons Way Greer, SC 29650

