

Hosted by Tri-State Eating Disorder Resource Team



Free Support Group

For Parents and Loved Ones of
Individuals Suffering from
Eating Disorders

HOSTED BY:

 **NEDA**
NATIONAL EATING DISORDER ASSOCIATION



Tri-State Eating Disorder

RESOURCE TEAM

Let's Talk About It!

WHERE:

Lindner Center of HOPE
4075 Old Western Row Rd
Meeting Room 2
Mason, OH 45040

WHEN:

7:00-8:00 PM
First Friday of Month

Do you have a family member or friend who is suffering from anorexia, bulimia, binge eating or any other eating disorder?

Please join us for support and information as you begin the healing process.

For further information contact TSEDRT

Phone: 812-584-1086 Email: info@edrteam.org www.edrteam.org

ANAD



EATING DISORDER SUPPORT GROUP

DO YOU OBSESS ABOUT FOOD & WEIGHT?

Food nourishes our bodies, and all foods should be enjoyed in moderation. When eating becomes a source of guilt, shame or fear, then you may have a problem.

For more information about disordered eating contact ANAD
www.anad.org 630.577.1330

HOW MUCH IS TOO MUCH?

Routine physical activity is healthy, but compulsively exercising, especially when tired, sick or injured, may signal a problem with overexercise.

WE'RE HERE TO HELP

It's just as hard to be Ken as it is to be Barbie

DOES HOW YOU FEEL DETERMINE WHAT YOU EAT?

At times, we all under or over eat. But when food becomes a source of shame, fear, or a way to cope with uncomfortable feelings, you may have a problem.

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GROUP MEETING INFORMATION

When: 7-8 PM
First Friday each Month
Location: Lindner Center of HOPE
4075 Old Western Row Road,
Meeting Room 1
Mason, OH 45040

For more information, call or email:
Lara Komon at 859-496-1206 or
larakomon@yahoo.com



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