

Stress Eating **Binge Eating** PMS Eating  
**Yo-Yo Dieting** Fad Dieting **Holiday Eating**  
Emotional Eating Compulsive Eating



## Why Did I Eat That ? ? ?

**A Learning and Exploration Therapy Group About  
Understanding Healthy and Unhealthy Eating Patterns**

**Facilitated by Beverly Swann, MFT**

**This ongoing therapy group explores healthy and unhealthy eating patterns, including eating disorders. Using art, movement, and guided imagery, we explore the why behind food choices and how to use that insight to make healthy changes in eating.**

**What to expect:**

- ✓ **A supportive therapy group setting with others who have some of the same concerns**
- ✓ **Improved awareness of what/when/where/why/how you eat**
- ✓ **Understand major life influences on our eating choices**
- ✓ **Learn to make changes in your eating patterns through conscious choice**

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**Dates: Wednesdays, 7:00-8:30 p.m.**

**Ongoing Group**

**Cost: \$25.00 per meeting or discount for prepaid**

**(A few sliding scale spaces are available; Most insurance and Contra Costa Medi-Cal accepted)**

**Location: Touchstone Counseling Services, Inc.\***

**140 Mayhew Avenue, Suite 606, Pleasant Hill, CA 94523**

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**To RSVP or for More Information:**  
**Beverly Swann, 925-932-0150 x 301**  
**therapy@beverlyswann.com**  
**www.beverlyswann.com**

**\*Directions to our facility are at:**  
**www.touchstonecounseling.com**