

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 Group About Understanding Healthy and Unhealthy Eating Patterns
Facilitated by Beverly Swann, MFT

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

What to expect:

- ✓ A supportive 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

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

Starting: Wednesday April 21

Cost: \$20.00 per meeting or discount for prepaid

(A few sliding scale spaces are available)

Location: Touchstone Counseling Services, Inc.*

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

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

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

Please RSVP by Monday, April 12