

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 and Managing 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**

**Dates: Thursdays 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: 140 Mayhew Avenue, Suite 700, Pleasant Hill, CA 94523**

**To RSVP or for More Information:
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