

MAKING PEACE WITH FOOD & BODY



Fall Semester 2009

**Wednesdays
3:00— 4:30 PM**

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Beginning date: TBA

**Provided as a free service
to regularly enrolled
students at CSU, Chico**

**For more information on this and
other groups being offered during
the fall 2009 semester, come by
our office and make an
appointment for a group interview
with the group leaders.**

**Student Services Center
Room 430**

530-898-6345

**Visit our website
www.csuchico.edu/counseling**

Do you...

**Wish you could be free from food
and weight obsession?
Binge and/or purge?
Rigidly diet?
Excessively exercise?
Dislike your body?**

Then this may be the group for YOU!

- **Learn to identify and manage triggers for bingeing, purging, and rigid food restriction**
- **Get a better handle on the relationship between food and feelings**
- **Learn to accept yourself as you are**
- **Practice eating in response to internal, not external, cues**
- **Accept support from others and make the change you want for yourself**

**FIND PEACE...
BEGIN HEALING...EMBRACE LIFE**

**Please come in and sign up today! Space
availability is limited.**

Counseling and Wellness Center
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