

# Are you constantly thinking about food, your weight and your body image?

- Are you always dissatisfied with your body?
  - Do you compulsively exercise?
- Do you ever vomit after a meal to “control” your weight?
  - Do you binge or emotionally eat?
- Are you counting calories, fat grams, or are preoccupied with numbers, and the size of your clothes?
- Do you have a friend or family member who needs help but you’re not sure what to do?

QuickTime™ and a decompressor are needed to see this picture.

## HeartSounds Family Counseling Center Is Offering an Eating Disorder Support Group

### *Group Meeting Information*

**When:** Every Other Monday, 7-8:30pm  
Begins Sept. 24th

**Where:** 170 17th St. Pacific Grove

### *For More Information Please Contact:*

**Cathy Bruno, LMFT**  
831-521-5683

or

**Nancy Carnathan-Cribbs, LMFT**  
831-747-4383