

# Beyond Hunger

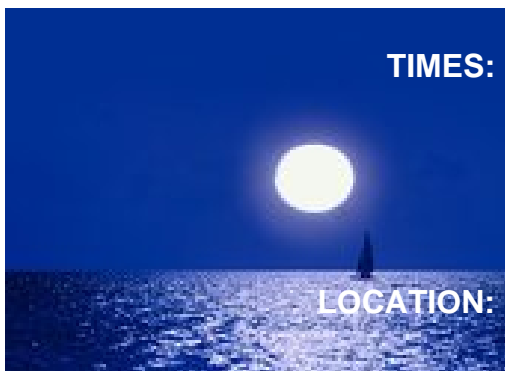
## SUPPORT GROUPS & WORKSHOPS

*Freedom from the Obsession with Food and Weight*

- \* develop compassion for yourself and your eating/body issues
- \* discover the differences between your emotional and physical hunger
- \* transform body shame and hatred into respect and love for your body
- \* explore the underlying feelings related to overeating, undereating and body shame and develop other ways to nurture yourself
- \* deepen your connection with your inner voice and spiritual self



It's time to go beneath the obsession about counting calories and losing weight, and reclaim your sacredness, your right to your own voice and your ability to make your own choices. Our groups and workshops are for people who want to release themselves from the struggle with food and weight in whatever form that takes: overeating, undereating, or obsessing. Beyond Hunger offers a non-diet approach that explores the emotional, physical, and spiritual issues that lie at the core of the struggles with food and weight. Groups for both teens and adults are led by our trained facilitators. Workshops are facilitated by Carol Normandi and Laurelee Roark, co-founders of Beyond Hunger.



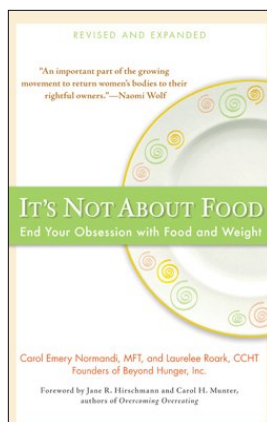
**DROP IN SUPPORT GROUP EVERY SATURDAY 9:30-11AM**

**EVENING AND AFTERNOON SUPPORT GROUPS**  
Beginning Quarterly (next group starts January, '10)  
Groups meet for 16 weeks

**QUARTERLY ONE AND TWO DAY WORKSHOPS**  
NEXT WORKSHOP: SUNDAY, DECEMBER 6TH, 2009 (8:45-4:30)

**BEYOND HUNGER, CENTRAL SAN RAFAEL, CA**  
visit [www.beyondhunger.org](http://www.beyondhunger.org) for directions

**BEYOND HUNGER \* SAN RAFAEL, CALIFORNIA \* (415)459-2270**  
[www.beyondhunger.org](http://www.beyondhunger.org)



Beyond Hunger, Inc. is a non-profit organization that provides support groups, workshops, and education to individuals struggling with eating disorders.

Beyond Hunger's approach is described in the teen book, *Over It: A Teen's Guide to Getting Beyond the Obsession with Food and Weight*, and *It's Not About Food: End Your Obsession With Food And Weight*, for adults written by Carol Normandi, MFT & Laurelee Roark, CCHT.

