

Just for teens

...a way out from under the obsession with food and weight, and into the heart of your own truth

*Your work is to find your
path through the
challenges along
the journey.*

*There is no wrong way.
There is only your way*

*- Normandi & Roark,
OVER IT*



Freedom From the obsession Of food and weight

Beyond Hunger Teen Support Group
Tuesday afternoons beginning June 21st, 2011
with Shannon Myers, MFT

Call (415) 459-2270 for more info
Or visit www.beyondhunger.org



Beyond Hunger is dedicated to healing body hatred and disordered eating by providing prevention, education and support groups for individuals with eating disorders. Beyond Hunger's philosophy integrates intuitive eating, body acceptance and emotional intelligence.