



*...freedom from the obsession
with food and weight*

*An invitation to go beneath
the obsession with dieting and
body hatred, and reclaim the
sacredness of your own body
and internal wisdom*



- develop understanding and compassion for your struggle with food and weight
- transform body hatred and shame into love and respect for your body
- learn natural cues of hunger and fullness, discovering the differences between emotional and physical hunger
- understand the emotional reasons underlying the behaviors
- explore ways to nurture yourself other than overeating, undereating, or obsessing about food and weight
- deepen your connection with your inner wisdom and spiritual self



Drop In Support Group
2nd & 4th Saturday of each month
9:30 - 11am
at
Beyond Hunger
1930 Fourth Street
San Rafael, CA 94901

*Beyond Hunger * San Rafael, California*
*(415)459-2270 * www.beyondhunger.org*