



# DO YOU THINK ABOUT FOOD

MORE THAN SCHOOL, FRIENDS, LOVE?

You are not alone.

**Free To Be Me** is a weekly education and support group that will help you improve your relationship with your body and with the food you eat. We will also help you to identify and manage triggers for binge eating and purging.



This 7session skill building and educational workshop will meet Mondays @ 3-4:15 pm.  
The workshop begins on October 19th and continues weekly for seven weeks, ending November 30th.

Participation in a treatment outcome study may be possible.

Please call Dr. Karla Materna @ 858-534-0255 to reserve a space.

Meetings will be held at Counseling and Psychological Services, 190 Galbraith Hall.