

Freeing Ourselves from Emotional Eating

A therapy group for women who compulsively binge and/or over-eat and who understand that dieting isn't the answer.

When: 15 Thursdays:
January 3 through April 10

Time: 12:30 to 2:00 p.m.

Where: 621 4th Street, Davis
(upstairs in the Cooper House)

Cost: \$45.00 per session

Facilitator: Deborah Cohen, MFT
(916) 491-1216

Deborah has led eating disorder psychotherapy groups locally for the past 11 years.

