

??? Can't Stop Eating ???

Compulsive Eaters Anonymous - HOW (CEA - HOW)

"We are a group of individuals who,
through shared experience and mutual support,
are recovering from compulsive eating..."

Are you tired of:	Do you:
...diets that don't work?	...eat when you're happy, sad, angry
...losing weight only to regain it, and more?	...frustrated, tired, lonely, or bored?
...feeling miserable about yourself?	...eat when you're not hungry?
...tight clothes and bigger sizes?	...hide your eating from others?
...bingeing and/or purging?	...promise yourself that tomorrow is THE day?

**It doesn't have to be that way.
Come to a meeting and start finding hope!**

In CEA - HOW:

- Membership is Anonymous
- There are no dues or fees for membership.
- The only requirement is a desire to stop eating compulsively
- The results are life changing

Join us on Tuesdays at 5:30 pm

**First United Methodist Church
123 Main Street, YourTown**

For more information:

dallasceahow.org
972-949-4115

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