

ARE YOU A COMPULSIVE EATER?

- Do you eat when you're not hungry?
- Do you hide your eating from others?
- Do you overeat and then starve yourself, purge, take laxatives or exercise for hours?
- Do you promise yourself you won't overeat and then do it anyway?
- Is your weight affecting the way you live your life?

If you answered yes to any of these questions, you may have a problem with compulsive eating. You are not alone. There is recovery. We welcome you to attend a meeting of CEA-HOW. For more information: **(661) 399-0229** or **ceahow.org**