

Do you feel bad about yourself after eating?

Is your eating out of control?

Do you use food to get over feelings?

Compulsive eater,  
anorexic or bulimic,  
food addict?

**Help is available.  
Success is possible!**

**Do you want help with your eating?**

**Compulsive Eaters Anonymous-HOW (CEA-HOW)**

For meeting information visit

**[www.ceahow.org](http://www.ceahow.org)**