

Do you feel bad about yourself after eating?

Is your eating out of control?

Fellowship
Food Plan Meetings
SUPPORT

Do you use food to get over feelings?

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

Help is available. Success is possible.

Compulsive
Eater?
Food Addict?

Anorexic or
Bulimic?



Compulsive Eaters Anonymous-HOW (CEA-HOW)

For meeting information visit
www.ceahow.org

Contact: _____

Text/call: _____