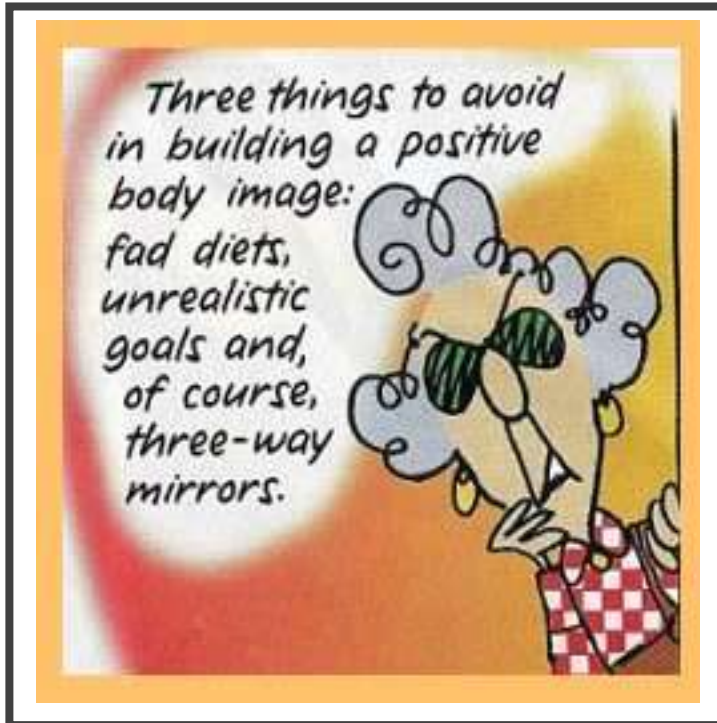


# Body Image/Self Image

*Presented by the Sun. Eve. Overeaters Anonymous Meeting*

Do you struggle with your relationship to food and how your body looks?

Does it affect how you treat yourself and how you work the program?



## Do any of these apply to you?

- Constant dieting and never being able to maintain weight loss
- Not liking what you see when you look in the mirror, no matter what size you are
- Regular bouts of: overeating, under eating, bingeing, purging (i.e., self-induced vomiting or excessive use of laxatives)
- Obsessive exercising
- Difficulty concentrating on most aspects of your life due to constant thoughts about food, calories, and/or how you look or how much you weigh

Come to accept and love yourself exactly as you are; no matter what shape or size you happen to be.

## Body Image Workshop

Sunday  
June 3<sup>rd</sup>, 2012

7-9pm

Temple Emanu-El  
100 James St.  
Edison  
(across from JFK Hosp.)

Suggested Donation  
**\$6.00**

No one turned away for lack  
of donation

Contact:  
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908-755-1757  
or  
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908-468-4385