



**BINGE EATING DISORDER IS
THE MOST COMMON EATING
DISORDER AMONG US ADULTS†**

†compared to anorexia and bulimia

Support Group for Binge-Eating & Compulsive Over-Eating

Contact Us

**(617) 595-7044 or email us at
info@behavioralnutrition.org**

Group Topics:

**Cognitive
Behavioral Therapy,
Dialectic
Behavioral Therapy,
Positive Body
Image, Education on
Food Cravings and
Wholesome Eating**

WHEN:

**Mondays at
4:00pm – 5:00pm
starting
September 26th**

Where:

**Behavioral Nutrition
1266 Furnace Brook
Pkwy
Suite 404
Quincy, MA 02169**