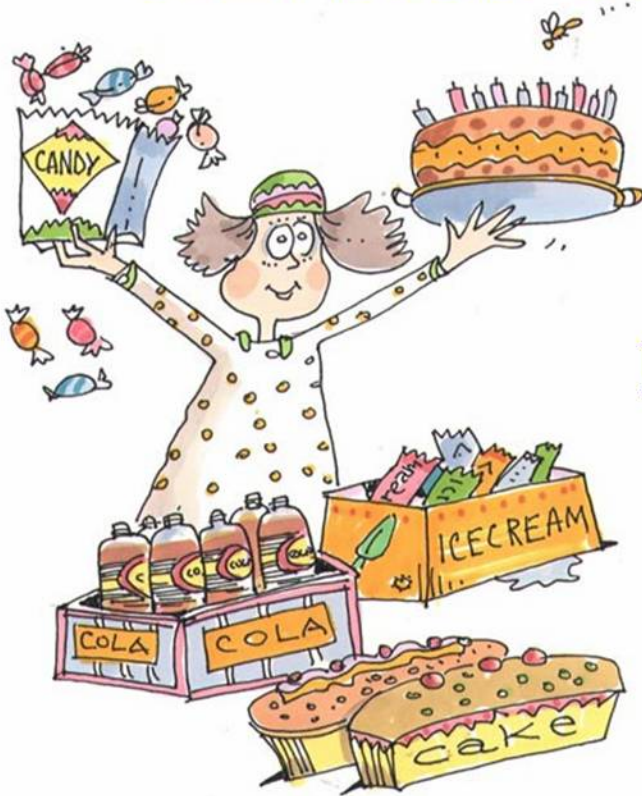


ALWAYS ON AND OFF A DIET?



ALWAYS THINKING ABOUT FOOD?

IF SO...IT'S TIME TO
EXAMINE YOUR
RELATIONSHIP
WITH FOOD

SUPPORT GROUPS FORMING **EXAMINING YOUR RELATIONSHIP WITH FOOD**

- Determine if you are using food to self-soothe and to regulate mood.
- Examine your past, present, and future relationship with food
- Explore your current body image and identify if it plays a role in keeping you stuck
- Through awareness and new insight, develop new ways to deal with intense feelings and life's stressors
- Explore dieting alternatives

For a Free Consultation Call:

(sessions are usually insurance reimbursable)

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