



NUTRITIONAL COUNSELING

SPORTS NUTRITION

TREATMENT OF EATING DISORDERS

Family Support Group

Please join us for a weekly support group for family and friends of individuals who are suffering from an eating disorder. This group offers information, discussion, and a safe place to talk about how the eating disorder of your loved one is affecting your life. The group will be facilitated by Jacqui Wanamaker, an experienced eating disorder clinician.



Family and friends often feel frightened, overwhelmed, and uncertain how to support a loved one working toward recovery from an eating disorder. This group will provide both education and emotional support to help keep life in balance during this time. It will allow you to learn from the experiences of other families affected by an eating disorder and share information and resources. Our goal is to help you to find the best way to support your loved one while maintaining your sense of well being.

Thursdays 7:30pm-8:30pm

Office of Nutritional Health Systems

110 W. Lancaster Ave, Suite 110

Wayne, PA 19087

\$40/person/session

Please call the Nutritional Health Systems office
to confirm your attendance each week.

www.NutritionalHealthSystems.com

484-888-6100