



NUTRITIONAL COUNSELING

SPORTS NUTRITION

TREATMENT OF EATING DISORDERS

### AFTER MEAL SUPPORT GROUP

If you're in need of additional support in your recovery from an eating disorder or you are especially struggling after meal time, please join us for a weekly support group. The group will be led by a Nutritional Health System experienced eating disorder clinician, Jacqui Wanamaker.



This group will provide both emotional and nutritional support. Our goal is to address any concerns regarding your meal and to help you contain any eating disorder urges you may be experiencing. Each week the group will explore a specific topic to help you better understand the relationship between food and emotions.

*Sundays 6:00pm - 7:00pm*

Office of Nutritional Health Systems  
120 South Warner Road  
Suite 107  
King of Prussia, PA 19406

\$30/person/session - Open to the Public

**Please call the Nutritional Health Systems office (610-688-3050)  
prior to each Sunday group to confirm your attendance.**