



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 Registered Dietitian (Tara Simpson and/or Gina Barusevicius) and an 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.

Thursdays 6:30pm-7:30pm

Office of Nutritional Health Systems
110 W. Lancaster Ave., Suite 110
Wayne, PA 19087

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

Please call the Nutritional Health Systems office (484-888-6100) no later than 8:00 Wednesday evening (prior to each Thursday group) to confirm your attendance.