


# Food & Feelings

**Free educational support group for students with all types of eating concerns**



Do you have concerns about the effects of **chronic dieting, exercise obsession, body image** and acceptance?

 The Tang Center offers a free, non-judgmental, confidential place for emotional support on your journey to healthy eating.

Facilitated by a Registered Dietitian experienced with disordered eating behaviors, sessions will focus on group exercises to distinguish physical vs. emotional eating, challenge distorted thoughts around food and body, and improve nutritional knowledge for optimal health. 

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Fall 2008 groups meet for 6 weeks on  
Thursdays from 4:10-5:30pm  
10/9/08 – 11/13/08 at 2284 Tang

Space is limited. Must sign and commit to the 6 sessions before start date!

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To reserve a space or for more information, contact Helen Pak MA, RD at [hpak@uhs.berkeley.edu](mailto:hpak@uhs.berkeley.edu)



**UNIVERSITY HEALTH SERVICES** *Tang Center*

[uhs.berkeley.edu/students/medical/eatingdisorders.shtml](http://uhs.berkeley.edu/students/medical/eatingdisorders.shtml)

