

"Well-Being"



Lost, Empty, Guilty, Anxious, Angry?

Familiar feelings? How can I help myself to feel better?
What comforts me? **Food?** Or the thought of **food**?
Am I giving too much time and thoughts to **food**?
Is my weight affecting my inner ... Well-Being?

Please come and talk about your feelings and behaviour around **food**. Listen with others who share similar feelings and experiences. [Our self-help therapeutic group](#) relieves us from our **inner-turmoil**, restoring harmony and "**Well-Being**".

Thursday 1.30pm to 3.00pm every week
The Orchard Room, Peartree School, Peartree Lane,
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