

12 Week Therapy Group

Overcoming Food Addiction

**Re-writing the Stories of Our
Lives & Restoring Ourselves
Tuesdays 5:30-7:30 pm**



Healing the wounds that bind us to food as a painful coping mechanism, is a courageous act of Self-love. Freedom from compulsive eating and compulsive dieting is a truly liberating, and life changing experience. Join Deborah Coulston in a nurturing and safe therapeutic environment to explore freedom from food addiction.



Deborah Coulston, MA, MATS, LMFT

is the Director of The Family Wellness Center and a Licensed therapist with over 28 years' experience in Counseling and Nutrition Psychology, specifically eating disorders and holistic weight management. She is also a Diplomat candidate in Addictionology.

**Please call Deborah at 558-8500 ext. 1 to
register and for an Intake Interview**

www.TheFamilyWellnessCenter.com

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