

New 12 Week Therapy Group

Freeing Ourselves:

Overcoming Food Addiction & Healing the Wounds that Bind us

Tuesdays 5:30-7:30 pm

Healing the wounds that bind us to food, 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 and rewrite the story of your life.



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. 5 to register and for an Intake Interview

www.TheFamilyWellnessCenter.com

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