

“ANAD of Baltimore”

(Group established in 2005)

Eating Disorder Support Group

For those with any eating disorder, including: bulimia, anorexia or binge eating disorder.

All sizes & shapes welcome. Family, parents & friends are also welcome.



Constantly thinking about food, weight, and body image...

- Are you always dissatisfied with your body?
- Do you ever deny or hide your eating behavior?
- Do you compulsively exercise?
- Are you a “yo-yo dieter?”
- Do you ever make yourself vomit after a meal to “control” your weight?
- Do you binge or “emotionally eat?”
- Are you counting calories, fat grams, preoccupied with numbers and the size of your clothes?
- Do you have a friend or family member who needs help but you’re not sure what to do?

Weekly meeting information

Every Monday from 5:30-6:45 at Ascension Lutheran Church
(7601 York Rd, Towson, MD)

Meetings held in large group room downstairs

FREE parking in the lot directly across the street from the church on York Rd

For more information, call Sharon R Peterson, LCSW-C @ 410-440-3074

National Association of Anorexia Nervosa & Associated Disorders

P.O. Box 640, Naperville, IL 60566, www.anad.org



Meetings sponsored by: Eating Disorder Network of Maryland, www.ednmaryland.org