



Food, Mood and You

Support Group

Wednesdays at 1:30—3:00 pm

Starting September 23rd

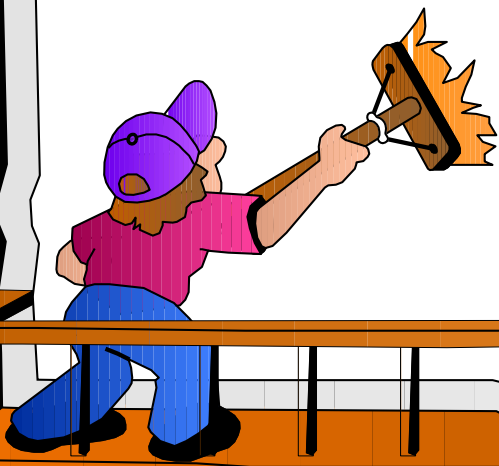
Preoccupied with food?

Exercise excessively to control your weight?

Unhappy with your body image?

Feel guilty or ashamed after eating?

Overuse food or exercise to cope with your emotions?



Space is limited so if you're interested in joining this support group, contact the Counseling and Psychological Services to set up an initial appointment with the group's facilitator (Hue-Sun Ahn and Kelly Moore) before the start date of the group.

Counseling and Psychological Services

Eickhoff 107

(609) 771-2247

www.tcnj.edu/~sa/counseling

