

# Eating Disorders/Body Image Group

**Facilitated by:  
Fran Tierney MA  
LCPC**



- This group is for individuals struggling with concerns related to their relationship with food, over-exercise and body image. We will explore & challenge belief systems & self-imposed rules. We will also discuss relationships, self-image and self-acceptance, relaxation and meditation & overall symptom management.
- This group ongoing & meets weekly, each **Thursday from 5:30-6:30pm** at 12 Health Services Drive, DeKalb IL.
- If you are interested in joining this group, please email the facilitator/therapist at: [info@bengordoncenter.org](mailto:info@bengordoncenter.org) or call 815-756-4875 to register.