

# EDA

Are you, at times, unable to stop or start eating?  
Do you feel guilty about eating?  
Have you had repeated episodes of bingeing during which you feel out of control?  
Do you compensate for food consumed by forcing yourself to vomit or through exercise or using laxatives or diuretics?  
Do you feel like people watch you when you eat?  
Do you sneak/hoard food so people won't know how much or how little you eat?  
Are you ritualistic or obsessive about eating and/or exercise?  
Are you obsessed with food and your weight?  
Do your feelings about your body affect your self-esteem, your relationships, or other areas of your life?  
Do you feel powerless, unworthy, or disgusted when you eat?  
Are your eating and exercise habits affecting your quality of life?  
Do you feel guilty when you cannot exercise?

If your honest answer is "yes" to any of the above questions, you may have a problem with food and/or body image. You may have an eating disorder.

**You are not alone.**

## **What is EDA (Eating Disorders Anonymous)?**

**Eating Disorders Anonymous is a voluntary fellowship of individuals who meet to share solutions for and recovery from eating disorders (anorexia, bulimia, or binge-eating disorder). We are completely anonymous, confidential, and unaffiliated. The only requirement for membership is a desire to be free from an eating disorder. Everyone at any stage of recovery is welcome. Our primary purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.**

## **New meeting in Alamance County!!**

**Saturdays, beginning June 25, at 10:30 am, at  
Elon Community Church, UCC  
271 Williamson Avenue, Elon.**

No registration or commitment required.

**Contact Hilary at 336-207-6349**

**Email [hilmuscles@bellsouth.net](mailto:hilmuscles@bellsouth.net)**