

The Hull Institute, LLC



Cognitive Behavioral Therapy Group for Anxiety and Eating Disorders

Do you have anxiety?

Do you have an eating disorder?

Begins Tuesday August 7 6:30p.m. to 8 p.m.

6-6:30p.m. meal in our dining room

Duration: 8 weeks

The success of the group depends on each member committing to
attending all 8 sessions

Group Size: 6-8 people

Location: 3610 West Market St., Ste, 102 Akron, OH 44333

Contact: Kristin Bischoff

kristinbischoff@hullinstitute.com

440.463.8261

Cost: \$200 up front or billed through insurance

This group is perfect for you to remember that you are not alone. Discussion and education will
provide you information about:

what anxiety is

how anxiety can hijack your life

what triggers anxiety

coping strategies that work on both anxiety and eating disorders

how to use these strategies and keep your recovery going!