

Can't Stop Eating?

- Are you using food to manage stress or emotions?
- Can't stay on a diet?
- Can't stop eating sugar no matter how hard you try?
- Struggling with binge eating, bulimia or anorexia?

GreySheeters Anonymous may be for you!

GreySheeters Anonymous (GSA) is a group of people who have solved their eating problems. GSA has helped people who have tried everything else and failed and who are looking for lasting freedom from being controlled by food.

THIS IS NOT ANOTHER DIET. GSA offers a specific food plan that helps take away your cravings, clearly defined parameters for abstinence, accountability tools and support from a worldwide community. In GSA we share our personal experience, strength and hope and get support for lasting freedom from compulsive behavior around food. There are no dues or fees for GSA membership.

Come join us at a meeting!

[Day] • [Time]

[Location] • [Street] • [City]



**GreySheeters
Anonymous**

www.greysheet.org

Contact [Meeting Contact] at
[Contact Email] for more information

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