

Anorexia Nervosa & Associated Disorders



When: Wednesdays from 7:30 - 8:30 p.m.

Where: 518 W. State St.

Why: ANAD offers a safe environment for peers to speak openly and honestly about their eating disorders and the hope of recovery.

" I was lost, hopeless, and feeling totally alone in my eating disorder. In ANAD, a huge smothering blanket was lifted from me as I realized I was no longer alone in my disease, and felt a sense of hope and direction only this group could give."

~Karen, ANAD member~

For more information

call (607) 272-2292 ext. 232

or e-mail IthacaANAD@hotmail.com

ITHACA, NY

