



# ANAD

YOUR FUTURE IS WORTH FIGHTING FOR

National Association of Anorexia Nervosa and Associated Disorders

## **Eating Disorder Support Group**

ANAD support groups provide a space where people can come and recognize that there are others who are going through a similar journey or have felt similar feelings and be understood

WHERE: First Suburban Title Company  
15418 South Harlem Avenue, Orland Park, IL 60462

WHEN: Every Saturday  
2:00-3:30p

Group is for those recovering from eating disorders.  
Family and friends are welcome to attend as well.

ANAD Support Groups are a free support service, where those without access to other resources can attend and connect with others.

GROUP LEADER: Jessica Spreadbury  
(708) 269-4935 JessicaSpreadbury@gmail.com

\*If you are nervous or afraid to attend a support groups, please don't hesitate to contact the Support Group Leader ahead of time to tell them about your concerns.