



Binge eating services

LIVE WELL. BE WELL. EAT WELL.

Kaiser Permanente is here to help you with your binge related behaviors. The first step with binge eating is to help normalize your eating behaviors and get connected with an option that meets your needs. Below, we have listed some options for you to consider.

Binge eating support groups at KP Skills based training groups for compulsive overeating/binge eating/emotional eating. Located at Highline and Hidden Lake offices. Groups run every 12 weeks. To register, please call behavioral medicine at 303-471-7700. Cost: group co-payment.

Healthy Connections class This free Dietitian taught group-based class gives participant's the tools needed for long term healthy eating success. It covers proven concepts on activity, nutrition, mindful eating and behavior strategies. All sessions are taught in a supportive environment. This year long program begins with a 12 week in-clinic class followed by four e-learning sessions and six months of drop in support group. To register or for more information call 303 614-1070.

Weigh & Win

This is a free online program which provides daily coaching information, sample meal and activity plans, tracking and cash rewards for success. Go to **weighandwin.com** to learn more and find your nearest kiosk or call **303-694-8007**.

Balance an online resource to evaluate your diet and give you information and support to make needed changes. You can find the balance program by going to kphealthyme.com: weight management: programs for adults

For more information on pre diabetes, diabetes or other community resources go to kphealthyme.com

Positive Pathways support group every Monday 6:30-8pm visit

<http://positivepathways.com/workshops-and-groups/> or call 720.606.3242. First group is free, additional groups suggested donation of \$10. 165 Cook Street Suite 10 Denver Co 80206

Eating Disorder Center of Denver- Binge eating support group- Tuesdays at 6pm. Located at: 950 S Cherry St Suite 101, Denver 80246 Phone 866.771.0861

Eating Disorder Foundation: Binge eating support group Thursdays 6-7:30 1901 E 20th Ave Denver, CO 80205. Phone 303.322.3373. Provides drop in hours Tues and Thurs 10-6, Wed and Fri 12-5, Sat 10-2.