

# Can't keep the weight off?

For information  
Call our Hotline  
(972) 949-4115

[www.dallasceahow.org](http://www.dallasceahow.org)



## CEA-HOW Has A Solution!

**No Dues ■ No Fees ■ No Weigh-Ins  
No Surgery ■ No Pills ■ No Special Food to Buy**

Find out more. Come to a meeting. For times and locations visit <http://www.dallasceahow.org>.

Join a fellowship of individuals who have been where you are. We understand your struggle with food and weight. We tried everything else, too. Then we came to CEA-HOW and found the solution. So can you.

**Compulsive Eaters Anonymous  
(CEA) - HOW**

