



For Women Living with Anorexia or Bulimia Nervosa

The Body Esteem Program (BEP) offers support for women experiencing an eating disorder

Is this the right group for you? Do you...

- Constantly think about food and eating?
- Feel guilty after you eat something?
- Regularly restrict or binge on food?
- Let the scales determine your mood?
- Find it hard to accept your body?

Many women who answer "yes" to these questions also feel they can't talk about their concerns with others because they...

- Feel ashamed or are afraid no-one will understand them.
- Think they are over-reacting.
- Believe they don't fit the stereotypical image of a person suffering from an Eating Disorder.
- Are afraid of changing their behaviours.

The BEP self-help group offers a safe place where you can talk about your eating disorder.

Date:	To Be Confirmed (2019)
Venue:	Womens Health & Family Services, 227 Newcastle St, Northbridge
Time:	To Be Confirmed
Cost:	\$350 for 20 week program (2.5 hours per week)

To register or for more information phone Womens Health & Family Services on 9300 1566 or email: BEP@whfs.org.au

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