

For Women Living with Binge Eating Disorder

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 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 experiencing 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: Mon 11th February - 24th June, 2019 (1 week break after session 10)
Venue: Womens Health & Family Services, 70 Davidson Terrace, Joondalup
Time: 10am-12.30pm
Cost: \$350 for 20 week program

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