

## Cork - November 2017

Are you supporting a family member  
with an eating disorder?

*If so, this free course is for you*

Bodywhys and Cork Mental Health Services  
invite you to attend

## PiLaR : Peer Led Resilience 4-week programme :

Evening programme for families and friends.

**When:** 4 Wednesdays in November (starting November 8<sup>th</sup>)

**Time:** 6:30 - 8:30pm

**Venue:** Ravenscourt Day Hospital, St. Finbarr's Hospital Campus,  
Douglas Road, Cork (opposite Blood Donor Clinic)

Places are limited. Attendance is FREE but booking is essential.