

**BODYWHYS**

The Eating Disorders Association of Ireland



National Clinical  
& Integrated Care Programmes  
*Person-centred, co-ordinated care*

**Antrim - Nov/Dec 2018**

**Are you supporting a family member  
with an eating disorder?**

*If so, this free course is for you*

Bodywhys and StampED/Northern Trust invite you to attend

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

Evening programme for families and friends.

**When:** 4 Thursdays in November/December  
(starting November 15<sup>th</sup> - 6<sup>th</sup> December)

**Time:** 6.30 - 8.30pm

**Venue:** ASDA training rooms, ASDA, 150 Junction One,  
International Outlet, BT41, Antrim

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

Contact Helen McSherry, **Bodywhys: 01 283 4963 / [helen@bodywhys.ie](mailto:helen@bodywhys.ie)**