

BODYWHYS

The Eating Disorders Association of Ireland



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

Cork - October 2018

**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 Thursdays in October (starting October 4th - 25th)

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.

Contact Helen McSherry, **Bodywhys: 01 283 4963 / helen@bodywhys.ie**