

BODYWHYS

The Eating Disorders Association of Ireland



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

Longford/Westmeath - March/April 2019

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

If so, this free course is for you

Bodywhys and Longford/Westmeath Mental Health Services
invite you to attend

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

Evening programme for families and friends.

When: 4 Thursdays in March/April
(starting 28th March - 18th April)

Time: 6.30 - 8.30pm

Venue: Mullingar Park Hotel, Dublin Road,
Mullingar, Co. Westmeath

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

Contact **Niamh Clarke, Bodywhys: 01 283 4963 / niamh@bodywhys.ie**