



WICKLOW - JAN/FEB 2020

Are you supporting a family member with an eating disorder?

If so, this free course is for you

*Bodywhys and Wicklow Mental Health Services
invite you to attend*

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

EVENING PROGRAMME FOR FAMILIES AND FRIENDS

When: 4 Thursdays in January/February
(starting January 23rd)

Time: 6:30pm - 8:30pm

Venue: Arklow Bay Conference & Leisure Hotel, Sea Rd,
Arklow, Co. Wicklow

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

**To book, please contact: Niamh Clarke niamh@bodywhys.ie
or the Bodywhys office on 01-2834963**