Community Seminar

Journey to Recovery from an Eating Disorder

A highly common misconception regarding eating disorders are that they are an attention-seeking attempt, a phase or fad or simply a diet gone wrong. This could not be further from the truth as eating disorders are a serious mental illness. This seminar shares the experiences of living with an eating disorder, the signs and symptoms and treatment options on how to assist people living with an eating disorder.

Join us to experience the powerful journey of recovery from the presenter’s perspective. This 1 hour presentation will cover:

- Eating disorder types
- Risk factors and warning signs
- Treatment and support options
- How to approach someone who may be developing an eating disorder
- Barriers to communication

This Seminar is delivered by Centacare’s PACE Team which is a support service for Panic Anxiety, Obsessive Compulsive and Eating Disorders www.pacesupport.org.au

When: Wednesday, 14 May 2014
Where: Henley & Grange Community Centre
        196a Military Road, HENLEY BEACH
Cost: Gold Coin donation
Time: 6.00pm (light refreshments provided)
To register your interest please ring 8408 1277

This workshop is run by Centacare’s PACE program which is funded by SA’s Department of Health and hosted by Henley & Grange Community Centre