



Disordered Eating

Wednesday 22 May from 7pm - 9pm @ The Folk Hall, High Street, Portishead

Secretive eating, emotional eating, food obsession and unhelpful thinking will all be explored during this workshop, and we will examine how disordered eating can spiral into eating disorders such as ARFID (Avoidant/restrictive food intake disorder), anorexia, bulimia and binge eating and explore the long-term risks and support available.

This evening presentation is created and presented by industry professionals including Wellspring Counselling, Somerset & Wessex Eating Disorders Association and the STEPs Eating Disorder service.

Book your seat today! Scan the QR code.

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