

Free wellbeing workshops

for residents of Portishead

Developing a Healthy Relationship with Food

Wednesday 15 November

7pm - 8.30pm

The Folk Hall, High Street, Portishead

Many of us struggle with a disordered relationship with food and would benefit from more mindfulness and self-compassion regarding our dietary choices. 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 (avoidance, restrictive food intake disorder), anorexia, bulimia and binge eating and explore the long-term risks and support available. This presentation is created and presented by industry professionals including Wellspring counsellor Susan Clarke and registered nutritionist Jen McDiarmid.

Book your seat today!

wellbeing@portishead.gov.uk / 01275 847 078

