

Kick Start Your Recovery

Mondays

15th & 22nd February

15th, 22nd & 29th March

12th April 2010

7.00 pm - 9.00 pm*

Includes tea and coffee

Program includes:

Weeks 1 & 2: "What About Me" will look at self esteem issues and how they relate to your eating disorder.

Presented by: Linda Tilgner/Lyndon Medina.

Weeks 3 & 4: "You & Your Body" will look at body image issues.

Presented by: Sarah Harry

Week 5: "Moving With My Body" explores the relationship between movement and eating.

Presented by: Beth Shelton

Week 6: Recovery Support Group.

A time for you to share your own stories and strategies while gaining new ideas from others in the group at the same time.

Cost: \$99.00 inc GST

This includes free EDV membership for 12 months, which includes access to our library and regular newsletters (valued at \$44. For existing members, your next 12 months will be complimentary).

Attendance at all sessions is compulsory

***Week 5 session will run 6.30—8.30pm**

Where:

**Eating Disorders Victoria,
1513 High Street,
Glen Iris VIC 3146.**

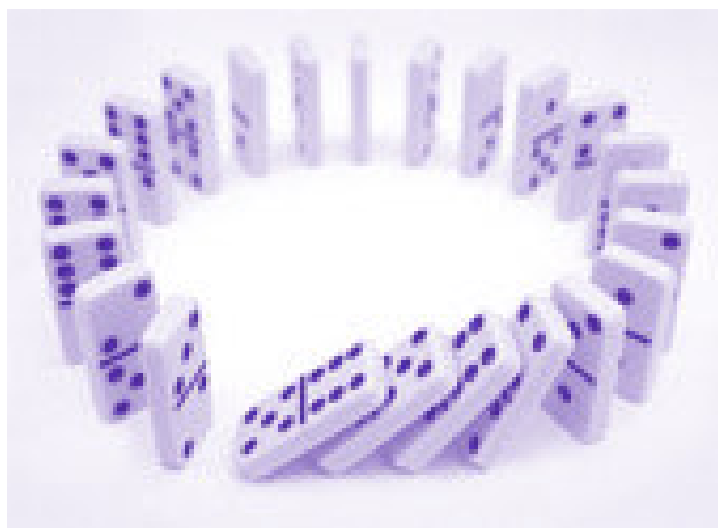
To register, please fill in registration form overleaf or for further enquiries phone Leigh on: (03) 9885 6563

Places are strictly limited, so bookings are essential.

Eating Disorders Victoria wants to help you to kick start your recovery in 2010.

Are you:

- Looking for extra support as you move toward recovery?
- Wanting to learn skills which build your self esteem and an acceptance of your body?
- Wanting to spend some time in a supportive, non-judgmental and understanding environment to assist in your recovery?
- ***If you answered yes to all of these questions, register for our Kick Start Your Recovery workshop NOW!***



Breaking down the cycle that is your eating disorder

EDV

Phone: 03 9885 6563

Helpline: 03 9885 0318 / 1300 550 236

Fax: 03 9885 1153

E-mail: edfv@eatingdisorders.org.au



Kick Start

Your Recovery Registration Form RSVP: 5th February, 2010

*Please note: Registrants will need to be over 18
due to the content of the program*

REGISTER

Upon payment this form serves as a **tax invoice**. ABN 24 010 832 192

All information provided is for the sole use of EDV for records only.

Name:

Address:

..... Post Code:

Phone: (W) (Mob)

Email:

DONATION:

I would also like to make a tax deductible donation to EDV \$.....

The Eating Disorders Foundation of Victoria is a registered charity (DGR 900224708). All donations \$2 and over are tax deductible.

PAYMENT DETAILS (tick one option)

My cheque/money order payable to **EDV** is enclosed

Please charge my credit card:

Visa Mastercard

Card No: _ _ _ _ _

Expiry date/..... Amount \$ 99.00 inc.GST

Cardholder's name (caps)

Cardholder's signature:

Send registration to:

EDV
1513 High Street
Glen Iris Vic 3146

Phone: 03 9885 6563

Helpline: 1300 550 236

Fax: **03 9885 1153**

Email: leigh.hanham@eatingdisorders.org.au

Website: www.eatingdisorders.org.au

EDV

*Connecting all those affected by eating disorders with the
people, services and hope they need for recovery*