

NIWE Eating Distress Service

HOPE GROUP

Happiness, Openness, Positivity, Esteem

Chair Yoga - 4th Oct

Mindfulness - 1st Nov

Creative crafts - 6th Dec



What: An empowering group which promotes HOPE

When: First Thursday of each month

Who: Women 16+ with Eating Distress

Time: 5pm - 7pm

Where: NIWE Eating Distress Service

The Old Post Office,

5 Pink Lane,

Newcastle upon Tyne

How To Book

Contact **NIWE**

Tel: 0191 221 0233 (**OR**)

Email: enquiries@niwe.org.uk