



NIWE Eating Distress Service Health & Wellbeing Workshops 2019

NIWE is offering workshops which are designed to help strengthen capabilities, resources and coping skills to contribute to health and wellbeing on a long-term basis.

Body Image – Wed 30th Jan 2019

Food and Mood – Wed 27th Feb

Increasing Self-Esteem – Wed 20th March

Self-Care – Wed 24th April

Improving Sleep – Wed 22nd May

De-cluttering – Wed 26th June

What: 2 hour group workshops

Who: Women aged 16+ with eating distress

Time: 5:00pm - 7:00pm

Where: NIWE
The Old Post Office
5 Pink Lane
Newcastle upon Tyne
NE1 5DW

How To Book

Contact **NIWE** on

Tel: 0191 221 0233 (OR)

Email: enquiries@niwe.org.uk

**Please note places are limited so booking is essential.*

www.niwe.org.uk