



# NIWE Eating Distress Service Health&Wellbeing Workshops 2019

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

**What:** Group workshops

**Who:** Women aged 16+ with eating distress

**Time:** 5:00pm - 7:00pm

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

## How To Book

Contact **NIWE** on  
**Tel:** 0191 221 0233 **(OR)**  
**Email:** [enquiries@niwe.org.uk](mailto:enquiries@niwe.org.uk)

**Self-Care** – Wed 24th April

**Improving Sleep** – Wed 22nd May

**De-Cluttering** – Wed 26th June

**Core Beliefs** – Wed 3rd July

**Understanding Emotions** – Wed 21st August

**Managing Anxiety** – Wed 23rd October

**Assertiveness** – Wed 6th November

**Coping with Christmas** – Wed 18th December

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