



L.I.F.E



Learning Inspires Freedom from Eating Disorders

Hosted by: Dr Janet Hall @ Richmond Hill Psychology, Accelerated Success Centre Pty. Ltd

LIFE is a choice...

INTRODUCTORY GROUP WORKSHOP Gain freedom from your eating disorder.

•Are you suffering from Bulimia or Binge Eating Disorder?

•Are you preoccupied with food and weight resulting in 'out of control' eating patterns?

•Do you attempt to compensate for binges to avoid weight gain by one or more of the following unhealthy measures: self-induced vomiting, misuse of laxatives or diet pills, excessive exercise or periods of food restriction.

•Is this making you unhappy?

•Are you sick and tired of feeling 'sick and tired'?

•Are you tired of merely existing when you could be truly living?

Then choose L.I.F.E.

This 3 hour introductory group workshop will give you insight as to how you can gain freedom from your eating disorder through using a combination of *mindfulness* techniques, relaxation and hypnosis.

For those who believe they are at a stage to look at challenging their eating disorder beliefs around food and relearning how to listen and connect with their body again, this will be a great way to test the waters and learn some extremely beneficial and empowering techniques to assist you along your journey of recovery

Group size: Maximum of 12 (Women only)

Time: 1:30pm – 4:30pm

Commencement Date: Saturday 23rd May 2009

Criteria- you must be:

- Willing to participate in a group setting
- Willing to contribute positively and keep an open mind

FREE: 3 hour workshop with a referral from your GP under the GP Mental Health Care Plan 2710.

Register your interest now for more information!

Please contact Pam Hall On (03) 9419 3010 or reception@drjanethall.com.au

Please Note: L.I.F.E. will also run a 12x session pro active group therapy program at Richmond Hill Psychology, to be held at a later date and run over a 3 month period, that aims to support and equip group members to become *mindful* and learn a number of relaxation techniques and coping strategies to help beat Bulimia and Binge Eating Disorder. This will be offered to all who attend this workshop.

At L.I.F.E. our mission is to add value to the lives of those suffering from Bulimia or Binge Eating Disorder through a journey of support, self-discovery, honesty and learning.