

Anorexia/Bulimia Nervosa (AN/BN) self-help group

FOR PEOPLE OF ALL GENDERS EXPERIENCING ANOREXIA NERVOSA OR BULIMIA NERVOSA (AN/BN)

A 20-week, self-help group facilitated by people with a lived experience and subsequent recovery from an eating disorder

- For people age 18yrs+ of any gender who are experiencing Anorexia Nervosa or Bulimia Nervosa
- Follows a manualised program with activities and take-home tasks
- Participants gain self-awareness and are encouraged to make positive changes that will improve their overall wellbeing

To apply or find out more information, contact the Luma Intake Team on 63305400 or email intake@luma.org.au



Cost for full program including all materials - \$350 or Free for those with a Government Health Care or Pension Card

AN/BN 20-week group 2024

Wednesday evenings

5:45pm — 8:15pm

17th July — 4th Dec

luma.org.au

227 Newcastle Street,
Northbridge WA