

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 Client Liaison Officers on 63305400 or email support@luma.org.au



AN/BN 20-week group 2025

Wednesday evenings

5:45pm — 8:15pm

5th February — 25th June

luma.org.au

227 Newcastle Street,
Northbridge WA

Telephone: 6330 5400

Email: bep@luma.org.au

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

LUMA FOR HER HEALTH AND WELLBEING