

# Binge Eating Disorder (BED) 20-week group

## FOR PEOPLE OF ALL GENDERS EXPERIENCING BINGE EATING DISORDER (BED)

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 Binge Eating Disorder
- 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](mailto:support@luma.org.au)



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

## BED 20-week group

Wednesday evenings

5:45pm — 8:15pm

23<sup>rd</sup> July — 10<sup>th</sup> December

[luma.org.au](http://luma.org.au)

227 Newcastle Street,  
Northbridge WA

Telephone: 6330 5400

Email: [bep@luma.org.au](mailto:bep@luma.org.au)

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AND WELLBEING