



Recovery from Disordered Eating Issues—Part I

Group Facilitator

Dr Peta Stapleton

Psychologist

Dr Stapleton has 16 years experience as a registered Psychologist and is the founder of the Gold Coast Eating Disorders Association Inc. She particularly specialises in eating disorders and teenagers, and is Senior Lecturer for the School of Medicine, Griffith University.

5 Week Program

Costs

\$40 per session—10% discount is paid in full upfront

Note: Rebates of \$20 per session is available with GP Medicare referral

A Quick Overview

This workshop series has 2 parts (5 workshops in each). It is best to attend all of them to gain the full value.

- ⇒ **77% of women are on a diet at some stage in their lives**
- ⇒ **Up to 30% of women are on a diet at any ONE time in the world**
- ⇒ **The weight loss industry is currently worth \$550 billion per year**

This workshop series addresses the concerns that lead to these statistics and teaches practical skills to cope.

Program Overview

Week 1—Ditching the Diet

Week 2—Eating Disorders: Who is in Control?

Week 3—Feelings and Food: The Numb Zone

Week 4—Changing Those Thoughts

Week 5—Your Body: Who are You?

BOOKINGS ESSENTIAL

To Make A Booking

To book for this particular group session, find out more information or to enquire about other group sessions, please feel free to contact Andrea Armstrong at groups@lakesiderooms.com.au or phone us 0430 433 071 or fax us (07) 55 620 499.

Venue

Lakeside Group Room
Suite 8 North Building
Robina East Quays
34-36 Glenferrie Dr, Robina

