

Healthy eating group

Group program that aims to improve understanding about healthy relationships with food and reduces the risk of eating disordered behaviours.

For those aged 12 years and over who are struggling with disordered eating, body dissatisfaction or at risk of developing an eating disorder.



Understanding our body needs



What happens when we under or overeat



Healthy eating



Challenging unhelpful thoughts



Nutrition myth busting

**To register your interest in attending group, please email:
hello@thinkmh.com.au or call 1800 595 212**

Canberra Head to Health, Alia House, 9 Napier Close, Deakin. Downstairs Meeting Room.

This group will be facilitated by certified local Dieticians, in partnership with Fuel Your Life. This is an early intervention group so it is not suitable for those with a current or past diagnosis of eating disorder.

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Think Mental Health Pty Ltd

ABN 26 653 153 934 | PO Box 260 Deakin West 2600