

EFT for Eating Disorders

A two day workshop

with Tanya Lovett Advanced EFT Practitioner

Sunday 13 October and Sunday 10 November

10.30-17.00



EFT has been shown to have a profound, positive effect on the suffering of people with an eating disorder. This workshop, whose size is limited to 6, offers a safe space to explore and release many aspects of your eating disorder. We will explore and help you free yourself from the drive to restrict your food, the impulse to binge or the compulsion to make yourself sick or over-exercise. If you haven't tried EFT for your bulimia, anorexia or binge-eating disorder, you might just want to see what it can do for you. You can contact Tanya through the Centre, if you wish, before you book.

Cost: £120 for both sessions

Refreshments provided but please bring your own lunch

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth,
Herts SG6 3NA

Tel: 01462 678804 www.letchworthcentre.org

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