

## **Cardiff Self Help group**

### Description:

A relaxed and informal pro recovery group for people over 18 who are recovering or wanting to recover from anorexia, bulimia or just chaotic eating pattern. It is part of the beat (formerly eating disorders association) charity. The group meets every monday night from 6-7 pm in the university health centre. Attendees must be over 18, or over 16 if they attend with an adult, students and non-students welcome. Please feel free to email for more information.

Address Line 1: 47 Park Place Cardiff

Country: United Kingdom

City:

Website: <http://cardiffbeat.org.uk>