



# Celebrating Our Bodies

With the Nottinghamshire Eating Disorder Service

**Thursday 18 August 2016**

**Free Workshop 10am - 2pm**

**New Art Exchange, 39 - 41 Gregory Boulevard,  
Nottingham, NG7 6BE**

A creative movement workshop for **all ages** and **abilities** to have fun, working towards embracing and accepting all that we are. Enjoying individuality and difference in a non-judgmental safe space. This workshop is being held in honour of the first World Eating Disorder Day of Action (on 2 June 2016).

**Drop in, come for all four hours  
or arrive on the hour for a new  
section of the workshop.**

**Families and children welcome.**

Funded by the Nottingham Nurses' League



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