



EATING & POST MEAL SUPPORT

Support with disordered eating and exercise

YOU BRING THE FOOD AND NAME THE VENUE

1:1 OR GROUP MEALS

- Structured eating for recovery of disordered eating or eating disorders in the real world
- Tailor to suit individual needs
- We will establish clear eating rules and non-negotiables
- Focus on normalizing eating
- Address unhealthy behaviour and thoughts
- Support after the meal itself
- Provide strategies to maintain progress independently

**ENQUIRE
NOW**

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Specialised in eating disorders & experienced in mental health
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