

The Dublin North, North East Recovery College
in collaboration with Dublin City University invite you to attend

Healthy Relationships with Food

Weekly Online Course

*Providing tools for self care, building gratitude,
improving self-esteem and space to enhance
your compassionate self.*

Facilitators: Helen McSherry & Sean Keating

On this course, students will explore:

Body Positivity
Self-Compassion
Wellness Tools
Social Media

Course start date: Tuesday June 2nd, 2 – 3.30 pm


Format: Four weekly 1.5 hour sessions

Venue: Online.

Set Up Instructions for Zoom or Phone available on application

To Apply contact DNNE Recovery College @:

recoverycollege@dcu.ie or phone **017007907**



**WHEN YOU
CONSCIOUSLY
EAT, YOU ARE
TREATING YOUR BODY
WITH LOVE**

