

# tastelife



*is food  
ruling  
your life?*

breaking free  
from eating  
disorders



Charity No 1158516

8 session course for sufferers of eating disorders, their friends, or those who care for them  
*teaching, discussion, stories of recovery and tools for life*

**REQ**<sup>®</sup>

University of Brighton  
recognising educational  
quality

**tastelife**

[www.tastelife.org](http://www.tastelife.org)