

Do you have an eating disorder and want to try moving meditation?



You may be eligible to participate in a research study investigating the effects of either a **FLK Taoist Tai Chi™** or a **standardized yoga series** on your eating disorder symptoms and mindfulness skills.

Participation Criteria:

- 16 years or older
- Historical or current diagnosis of Anorexia, Bulimia or Eating Disorder Not Otherwise Specified
- Have a professional care provider, such as a therapist or general practitioner, at minimum

By enrolling, you will:

- Attend 10 weeks of **FREE** guided tai chi or yoga classes at various locations in the GTA
- Fill out a questionnaire at the start, end and one month after the 10 weeks of meditation

Want to get more information or participate?

Contact **Katarina Poletto** at (416) 518-3705 or polettkm@mcmaster.ca for further information and when classes are being held throughout the year.

This study has been approved by the Hamilton Integrated Research Ethics Board.

