

A FOUR WEEK PROGRAM FOR BUILDING POSITIVE
BODY IMAGE

YOUR BODY YOUR FRIEND

WHAT

Understand body image, learn mindfulness techniques and, develop media literacy and increase body awareness

WHO

Young people aged 18-25

WHEN

Thursday May 23, 30 and June 6, 13,
5.30-7.30pm

WHERE

Level 1, 360 Burwood Road, Hawthorn

COST

No cost, thanks to City of Boroondara
Triennial Grants program

BOOKINGS

<https://www.surveymonkey.com/r/Q7GJ8BZ>