

health hacks

3 session course

- Designed for young people by young people
- Small group
- Interactive workshops
- Expert and peer facilitators

Wednesdays at 4pm-6pm for three fortnights starting 5th October at headspace Craigieburn

(find us at Craigieburn Central Shopping Centre!)

Register here to reserve a space! (required)



or call (03) 8338 0919



Becoming more independent is great, but it can be tricky! Get in the know about how to manage your health, tackle the awkward questions and grow your confidence talking to health professionals

This program is offered FREE to young people aged 16-25 thanks for funding from



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Fairness
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