



Body Boost

This is a free workshop for young men focusing on body image, self-esteem and nutrition.

This workshop will assist young men to:

- **Gain an understanding of what body image is**
- **Develop tools for maintaining positive body image and self-esteem**
- **Understand influences of body image**
- **Increase awareness of the role of positive self-talk versus negative self-talk**
- **Build knowledge of a balanced diet**



WHEN

Wednesdays 3.30pm – 4.30pm for 5 weeks

Starting term 4: Wednesday 15th November until Wednesday 13th December

WHERE

headspace Armadale,
40 Fourth Rd, Armadale

RSVP

To secure your place call 9393 0300 or email reception@headspacearmadale.com.au by **Friday 10th November**



Light snacks and beverages will be provided. Please inform us of any dietary requirements on registration.