

Building Better Body Image- *Body Project Australia*

Body dissatisfaction is a common concern for young people

If you are someone who struggles with your body image and are aged between 14-18 years old, this may be the program for you!

Body Project Australia (BPA) is a four-part program aimed at improving body satisfaction and decreasing the risk of eating disorders. Discussing these concerns can be difficult, the BPA offers a safe space for you to join like-minded peers to learn about improving your own body satisfaction.

Topics include –

- *Learning about what the thin-ideal is and the costs of pursuing this ideal*
- *Exploring ways of building resistance to the pressures to be thin*
- *Discover ways to challenge our personal body-related concerns*
- *Encouraging a positive outlook about our bodies*

WHEN: Wednesdays (4 sessions): 7th Feb - 28th Feb 2018.

WHERE: headspace Knox: (2 Capital City Boulevard, Westfield Knox Ozone, Wantirna South)

TIME: 4:30pm – 5:30pm

CONTACT: Sammy on 98016088 or email Sammy.Elliott@headspaceknox.com.au

If you are interested in attending the four-part program get in touch today!

BPA is run by Eating Disorders Victoria by trained staff who specialise in eating disorders.