



**headspace**  
National Youth Mental Health Foundation

# Body Boost

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

This workshop will assist young women 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 11<sup>th</sup> October until Wednesday 8<sup>th</sup> November

## WHERE

headspace Armadale,  
40 Fourth Rd, Armadale

## RSVP

To secure your place call 9393 0300 or email [reception@headspacearmadale.com.au](mailto:reception@headspacearmadale.com.au) by **Friday 6<sup>th</sup> October**



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