

THE LIVE LIFE WHOLE PROJECT

# SCHOOL HOLIDAY PROGRAM



THIS HOLIDAY'S THEME:

**ENERGY  
FROM THE  
INSIDE OUT**

GIRLS AGED

**7-11**

YEARS OLD

**1 OCTOBER**

9AM-3PM

**DOMAIN  
ATHLETICS  
CENTRE**

UPPER DOMAIN RD,  
QUEENS DOMAIN  
HOBART



**COST**

**\$100**

PER DAY  
PER PERSON

## WHAT WE'LL EXPLORE

- Hands on smoothie making fun
- Tools to feel confident around eating & fuelling
- Movement & mindfulness
- Stress & self care strategies

## WHAT SHE'LL WALK AWAY WITH

- A more positive relationship with food and her body
- Confidence to move, breathe and be kind to herself
- Language and tools to recognise & manage stress

## BOOK NOW

SCAN BELOW



LIMITED SPOTS  
AVAILABLE!

FOR MORE INFO CONTACT [EDUCATION@THELIVELIFEWHOLEPROJECT.COM.AU](mailto:EDUCATION@THELIVELIFEWHOLEPROJECT.COM.AU)