



RAISING BODYKIND TEENS

PARENT AND CARER INFO SESSION

Thursday 21 August, 7pm–8.30pm
Glen Eira Town Hall — Auditorium

\$11 per person (including booking fee)

Let's support body confidence in our teens.

Join Danni Rowlands, from the Butterfly Foundation, for a relaxed and informative seminar offering practical strategies to support positive body image in young people.

Learn about:

- the power of positive role modelling
- reducing appearance talk
- encouraging healthy behaviours in relation to eating and exercise
- language around food and bodies
- what to do if concerned.

Registrations required.

To book, scan the QR code, visit www.trybooking.com/DBBLS or call 9524 3333.



Danni Rowlands – Butterfly Foundation.



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