

WOOLWICH
COUNSELLING
CENTRE AND
NATIONAL EATING
DISORDER
INFORMATION
CENTRE
PRESENT



NAVIGATING SOCIETY'S PRESSURES AROUND EATING, EXERCISE, AND HEALTH

YOUTH WORKSHOP

No cost, virtual workshop

Youth are flooded with messages about what is and isn't healthy on a daily basis, and it can be confusing to navigate conversations around eating and exercise. In this workshop, we'll explore these messages, reflect on the conversations we have with peers and loved ones, and discuss ways to support someone who might be struggling.

MONDAY, FEB. 28 2022

4:30-6 PM

LEARN MORE AND REGISTER:



519-669-8651



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