

# #bodytalk

*“Don't spend a single day of your life being at war with your body. Just embrace it.”*

Motivation – Optimism – Real – Empowerment

- Where:** Devonport TAFE, 20 – 36 Valley Road
- When:** Eight sessions starting Wednesday 28/02/18
- Who:** 15 – 18 year olds
- Time:** 3.30pm – 4.45pm
- Register:** Call Dearne, Katie or Shona on 03 6419 7010  
or email [tasmania@wellways.org](mailto:tasmania@wellways.org)