THE L P FISHER PUBLIC LIBRARY &
THE CANADIAN MENTAL HEALTH ASSOCIATION
PRESENT

BODY IMAGE

BOOTCAMP

SIX WEEKLY SESSIONS
LAST SATURDAY OF THE MONTH
NOVEMBER - APRIL
2 SESSIONS | AGES 12-17 : 12-2PM
EACH DAY | AGES 18-UP : 2-4PM

NOVEMBER WEEK 1 . . . . . . . BOOTCAMP BASICS
DECEMBER WEEK 2 . . . . . . . MEDIA LITERACY
JANUARY WEEK 3 . . . . . . . REALISTIC GOAL SETTING
FEBRUARY WEEK 4 . . . . . . . EATING DISORDERS
MARCH WEEK 5 . . . . . . . HEALTHY AT ANY SIZE
APRIL WEEK 6 . . . . . . . RADICAL SELF CARE

FREE • REGISTRATION REQUIRED
CALL THE LIBRARY AT 325.4777 TO REGISTER. SPACES LIMITED

LUNCH PROVIDED FOR AGES 12-17
SNACK PROVIDED FOR AGES 18-UP