

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



Canadian Mental  
Health Association  
New Brunswick  
Mental health for all

Association canadienne  
pour la santé mentale  
Nouveau-Brunswick  
La santé mentale pour tous