



The aim of this workshop is to create a positive and informative discussion around body image. Attendees will explore the impact body image has on self-esteem, examine how the media shapes how we see ourselves as well as shape the 'body perfect image' we so often see.

This is a 2-hour workshop which will take place on:

Date: Friday 17th May
Time: 12pm – 2pm
Venue: Joseph Palmer Centre,
319 Walton Road,
West Molesey,
KT8 2QG.

These classes are designed to support people who are experiencing emotional well-being issues and mental distress.

To join, you need to register with Mary Frances Trust
You can contact MFT by:
Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

[You will need to book your place](#)

BODY IMAGE

workshop

Free workshop

**Places are limited
so please book
early**

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery.

MARY FRANCES TRUST

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