



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 workshop which will take place on:

**Date: Friday 17<sup>th</sup> May**

**Time: 11am**

**Venue: The Brickfield Centre  
Portland Place  
Epsom KT17 1DL**

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](mailto: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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