

Body-Positivity & Body-Neutrality for Seniors

A virtual, 2-hour workshop for adults over 55 who are interested in discussing self-esteem, aging, and body image.

The workshop will involve education and opportunities to share and participate in activities. The workshop will cover two approaches or frameworks: body-neutrality and body-positivity.

Date

Thursday, March 28

1 - 3 p.m

How

via Zoom



Registration

To register contact the Family Service Toronto Service Access Unit by email at sau@familyservicetoronto.org, or call:

416.595.9618



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