



**"How can I encourage healthy lifestyle choices and positive body image?"**

**"How does my own body image influence that of my child's?"**

**"As a parent, what can I do to build my kid's self-esteem?"**

**Silhouette**  
WORKSHOPS  
A healthy body image for our youth

**FREE PARENT WORKSHOP**

# SELF ESTEEM & HEALTHY BODY IMAGE

**Wednesday, May 15 from 7:00 PM to 8:30 PM**  
**Western Quebec School Board**  
15, rue Katimavik, Gatineau (Aylmer sector)

***With presenter Mylène Dault, PhD Kinesiology of Silhouette Workshops.***

Joins us as we talk about how to build our child's self-esteem and encourage healthy lifestyle choices to better help them celebrate their body and accept their individuality.

**RSVP at 819-777-3206 or [info@centreconnexions.org](mailto:info@centreconnexions.org)**  
**Find out more about Connexions at [centreconnexions.org](http://centreconnexions.org).**