



School Holiday WORKSHOP

For girls aged 10-12 yrs

Tuesday 29th June | 9am - 3pm
at Goodlife Community Centre, Buderim

Our 'Beauty - The Real Picture' Program is a fun, full day, feel-good program, focused on the development of healthy self-esteem and positive body image. Girls' will gain confidence in who they are and will learn what makes them unique and beautiful. Participants are empowered to accept and love themselves, just the way they are.



"The program gave me confidence.
It taught me to stand up for myself and be proud of who I am"
- Beauty - The Real Picture Participant

