



ReAL Bodies

IN HERTS

EVERY BODY FOR EVERYBODY

**WHAT ADVICE WOULD YOU GIVE A FRIEND WHO IS STRUGGLING WITH THEIR BODY IMAGE?
WRITE IT ON A POST-IT AND STICK IT ON THE DISPLAY BOARD.**

REMEMBER TO VISIT THE JUST TALK WEBSITE
WWW.JUSTTALKHERTS.ORG
FOR HELP AND ADVICE AROUND BODY IMAGE.