

Meet VELS curriculum requirements & support your students in improving their performance & wellbeing.


Sessions focus on application and include...

- + Maintaining good **food selection** and **balance**.
- + Improving **proficiency** and **lifestyle**.
- + Increasing **energy** and **motivational** levels.
- + Discussions, **group work** and **sample food tasting**.

Sessions are flexible, informative and designed to suit school curriculum requirements.

For bookings or more information contact Kim Bishop on **0400 049 618** or visit www.yu.net.au.

yù food + lifestyle™



Support your students in developing good body image & positive self esteem.

Workshop objectives include...

- + Supporting students in understanding how to **build positive self esteem** by identifying with the things that make them **feel good**.
- + Reinforcing that each young person is unique and to **celebrate their individuality**.
- + Having fun **exploring media imagery** and how it can make students think and feel.
- + **The power of words:** how communication can affect self esteem.
- + Encouraging students to **enjoy the way they look** but not let it rule their lives.

Workshops are flexible, interactive and designed to suit school requirements.

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