



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

THE YMCA AT THE PISCATAWAY COMMUNITY CENTER

## Body Positive Conversation

Empower a positive body image and self-esteem in youth and teens. 7th & 8th grade students will work on an authentic and confident self-image, healthy habits in food, sports, exercise and social media.

**When:** Friday, May 5th  
5 p.m.-7 p.m.

**Where:** YMCA at the Piscataway Community Center  
520 Hoes Lane, Piscataway, NJ 08854  
Multipurpose Room

Reserve your seat by emailing  
[Recreation@PiscatawayNJ.org](mailto:Recreation@PiscatawayNJ.org)

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