



Healthy Lifestyles Forum 2008

for all young people in years 9 & 10

The Pioneer Room

Castle Grand Community Centre
Cnr Pennant & Castle Streets
CASTLE HILL

Girls

Thursday 11 Sept 2008
9:00 am - Registration
12:30 pm - Finish

TOPICS INCLUDE:
Why Breakfast
Body Think
The Power of Positivity
Expect Respect
Managing Mean Girls
Healthy Lifestyles Expo
Hip Hop Session

Guys

Friday 12 Sept 2008
9:00 am - Registration
12:30 pm - Finish

TOPICS INCLUDE:
Martial Arts
Expression Session
Live Music Performances
Speakers that will Inspire You
Chat with Youth Professionals
Team Building Games
Other Memorable Moments
(Don't tell the Girls!)

Register online: www.hype.au.com

For more information please contact:
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