

GOT A QUESTION OR CONCERN ABOUT YOUR BODY IMAGE? JUST TALK ARE HOSTING A Q&A

SESSION WITH A PANEL OF BODY IMAGE AND MENTAL HEALTH EXPERTS AND WANT TO HEAR FROM YOU. SEND US A QUESTION AT JUSTTALK@HERTFORDSHIRE.GOV.UK

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