



CENTRE FOR  
**CONSCIOUS**  
AWARENESS  
CANADA

In partnership with



STEM Relief Club  
University of Guelph

# POSITIVE SELF-ESTEEM AND BODY IMAGE

**Saturday July 29, 2023**

**11 am EDT**

Peter Clark Hall  
50 Stone Road East  
Level 0 (Elevator Accessible)  
University Centre  
University of Guelph  
Guelph, Ontario, N1G 2W1



Join us for a hybrid youth mental health event featuring expert speakers, interactive activities, and a guided affirmation session.

All are welcome. Public event.

*"Each human being must be looked upon as an inspiration to the world. The underlying principle of the universe is that goodness in us inspires goodness in others."*

~Srinivas Arka



**YOGI SRINIVAS ARKA**  
Philosophical Author,  
Founder of Centre for  
Conscious Awareness (CCA)  
Worldwide Charities



**LAELLE DUFF**  
BSC IN NEUROSCIENCE  
University of Guelph  
Event Co-ordinator,  
CCA-Canada



**ELIZABETH WEBSTER**  
BSC - 3RD YEAR  
University of Western  
Marketing Specialist,  
CCA-Canada

**REGISTER  
HERE NOW**

or at [positiveliving@canadacca.ca](mailto:positiveliving@canadacca.ca)  
(416) 997-5531

Admission Fee Waived

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