



# GET OUT OF YOUR HEAD!

**Free** virtual workshop for youths aged 10-30

Together with *Beautiful Minds*, *Haemophilia Foundation Australia* is running virtual workshops in October to coincide with the **20th Australian Conference on Haemophilia, VWD and Rare Bleeding Disorders**.

## What's on

*Times in AEDT. Please ensure you can attend all three workshops.*

**Thurs 7/10, 7-8pm: Mind Fitness** (separate guys and girls' sessions)

**Fri 8/10, 7-8pm: What is a Real Man?** (for guys) | **Inner Bully, Inner Bestie** (for girls)

**Sat 9/10, 9-10am: Looking After Your Health** (guys and girls together session)

## Who should attend?

Anyone aged 10-30 years (*yes, its a wide age range, but trust us this will all work out!*). This workshop is free to everyone in our community – young people with bleeding disorders, siblings, cousins and family.

## Best part

Cheap dinner on Friday with an Uber Eats voucher (yum!) and **free access to the entire 2021 Conference**, including on-demand viewing after the event.

## Interested?

Register by Sunday 3 October at [www.haemophilia.org.au/youngpeople](http://www.haemophilia.org.au/youngpeople)

After you register you will receive information and log in details for accessing the workshops. (*pssst - if you're under 18 you'll need parental consent & we may need to talk to them*).



## Want more Information?

Reach out to Natasha on [ncoco@haemophilia.org.au](mailto:ncoco@haemophilia.org.au) or call/text 0403 538 109. You can also visit:

[www.haemophilia.org.au/youngpeople](http://www.haemophilia.org.au/youngpeople)

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HAEMOPHILIA FOUNDATION AUSTRALIA