

3 GOOD HEALTH
AND WELL-BEING



MALAYSIAN
YOUTH VOLUNTEER

AIESEC



REDISCOVERING SELF-LOVE



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10:30 a.m. - 12:30p.m.

13 MARCH 2023

Monday

KEY DISCUSSIONS:

- SELF-LOVE AS BASIC NEEDS
- SYMPTOMS OF LACKING SELF LOVE
- WAYS TO IMPROVE SELF LOVE
- IMPORTANCE OF SELF AWARENESS



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