



Mental Health Week



BREATH MEDITATION

Find Peace in the Present Moment.

Breathe deeply. Nurture your mind.

WHY JOIN?

Discover calm, clarity,
and confidence through
mindful meditation.



Monday 5th October
2:00pm - 3:30pm



Compassionate Care
Geographe, 5 Craig Street,
West Busselton, 6280

**Please register your attendance one
week before the event by contacting
9751 1642**



Guided By
MAXINE SANTICH