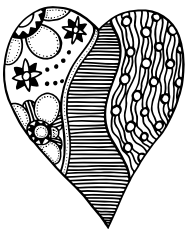


Thriving Through Mindfulness

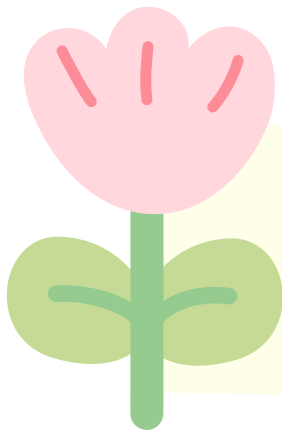
Free Mental Health Week Event
Wednesday 9th October 4:30-7pm



Mental Health Week is a national celebration encouraging social connection. This is an opportunity to highlight the importance of connection within our community. Join us for this amazing event practising self care and mindfulness practices.



4:30-5:30pm Mindfulness Art
5:30-6pm Light Refreshments
6-7pm Yoga



This Mental Health Week initiative is proudly brought to you by:



BOOKINGS ESSENTIAL

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