Transform your mind, transform *your life!*

Join Us for a Mindfulness and Relaxation Workshop!

In this workshop, you will:

- Discover effective mindfulness techniques
- Learn to manage stress and anxiety
- Experience guided meditation and breathing exercises
- Engage in relaxing activities to calm the mind.

Benefits of Mindfulness:

- Reduces Stress: Lower cortisol levels for a more relaxed state.
- Emotional Regulation: Respond to feelings thoughtfully.
- Mental Clarity: Foster clearer thinking and decision-making.
- Boosts Wellbeing: Increase overall life satisfaction.
- Supports Physical Health: Better sleep and immune function.
- Encourages Self-Awareness: Gain insight into thoughts and behaviors.
- Fosters Compassion: Cultivate empathy for yourself and others.
- Aids in Coping: Develop tools for managing challenges.

Who Should Attend?

Everyone looking to cultivate peace and wellbeing in their lives!

REGISTER YOUR INTEREST

When	Wednesday 11 December 2024 10am - 11:30am
Where	mecwacare Ballan: Health and Care Training room
Cost	Workshop: free Morning tea: free

For more information and to register, contact Louise Mayall, RN1 (Advisor in Healthy Ageing)

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Allied Health Receptionist: P **5366 7907**

AASW Accredited Mental Health Social Worker

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An Australian Government Initiative

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