

healthy headspace Workshops

Key Dates & Topics:

- **22/07/19** - Sleeping Well and Physical health
- **29/07/19**- Mindfulness and Relaxation
- **05/08/19**- Communicating with Confidence
- **12/08/19**- Understanding and Accepting myself
- **19/08/19**- Understanding my Anger
- **26/08/19**- Managing my Feelings



A series of skills-based workshops designed to provide you with tools for maintaining a healthy headspace.

What: FREE workshops, come to all or come to the workshops which interest you!

When: Sessions will run at 4pm-5pm on Monday afternoons from the 22nd of July for 6 weeks! Coffee, Tea and Snacks provided.

Where:
Headspace Bendigo 78-80 Pall mall

Limited Places available: Please RSVP by phoning reception on 54345345.