



Meditation and Relaxation Workshop Woodberry

This gentle and relaxing workshop explores practical processes for reducing stress and calming the mind

Monday 23 May 2011

10am to 1pm

Venue: Woodberry Family Centre

11 Lawson Avenue Woodberry

Held in partnership with Community Services and the Benevolent Society

Come along to this workshop to have some time out from your busy daily routine.

De-stress in a calm and peaceful environment.

Give your health and wellbeing a much needed boost.

Workshop Cost: Free of Charge

Child minding available

To register attendance and for further details please contact
the Benevolent Society on 4015 3099

Hunter Women's Centre

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