

Mindfulness

TRANSFORM YOUR RELATIONSHIPS

Research has shown that mindfulness training helps you to deal with stress better, improve your concentration, and enhance your psychological and physical well-being. Mindfulness helps you to live in the present moment and engage fully with what you are doing. This morning workshop gives you an experiential introduction to Mindfulness.

When: Monday 13 December 2021
9.30am to 12noon

Where: Relationships Australia WA
Lotteries House
7 Anzac Place, Mandurah

Cost: \$30 per person (\$15 for concession card holders)

Places are limited - book early to avoid disappointment.

To book online scan this code or visit www.relationshipswa.org.au

Alternatively you can contact (08) 6164 0588 or email Mandurah.Education@relationshipswa.org.au to register today!

