

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: Thursday 24 June 2021
9.30am - 12pm

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

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

Places are limited - contact (08) 6164 0588 or
email Mandurah.Education@relationshipsaustralia.org.au to register today!
For more detail about our courses and workshops, click [here](#) or visit www.relationshipsaustralia.org.au

