



WELLBEING WORKSHOP

Are you struggling with your health? Would you like to have more tools in your toolkit to improve your wellbeing?

Join the Physical and Mental Wellbeing Workshops. These 2 series of 6 customised workshops will be practical and based on your own challenges and experiences.



Tailored small group workshops for individuals wanting support with overall health

18, 25 MAY
1, 8, 15, 22 JUNE

1:00PM TO 2:30PM

19 FERRERS
STREET, MOUNT
GAMBIER

GOLD COIN
DONATION

FACILITATED BY
ACREDITED SOCIAL
WORKER – ANITA
FRANKLIN

REGISTER:

THE JUNCTION

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Gambier

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