

# Be *kind* and *un*wind.

## Personal Wellbeing

Wednesday March 24th 2021

9:30am to 2:30pm

AnglicareSA Outer Southern Hub

111 Beach Rd

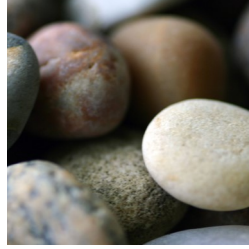
Christies Beach 5165

Lunch Provided

Gold Coin Donation

Enquiries and bookings call either Joy Ephraums  
(Facilitator) or reception on 8186 8900

emotional overload ~ relaxation ~ mindfulness



**ANGLICARESA**

This program is funded by the Department of Social Services