

Be *kind* and *un*wind.

Personal Wellbeing

Wednesday Nov 28th 2018

9:30am to 2:30pm

Woodcroft Morphett Vale Neighbourhood House

175 Bains Rd,

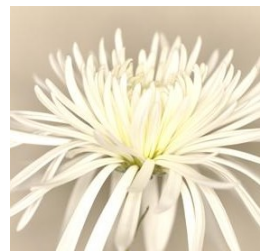
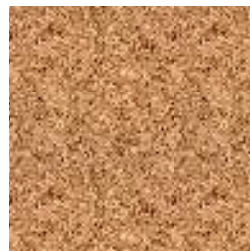
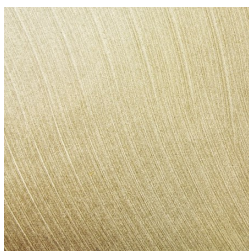
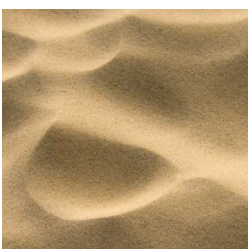
Morphett Vale 5165

Lunch Provided

Gold Coin Donation

Enquiries and bookings call either Joy Ephraums (Facilitator)
or reception on 8186 8900 [https://www.eventbrite.com.au/
o/anglicare-sa-16716838438](https://www.eventbrite.com.au/o/anglicare-sa-16716838438)

emotional overload ~ relaxation ~ mindfulness



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