



# self care ain't selfish

**join in our self care group to explore  
and learn what self care looks like  
and feels like.**

Come along and try your hand at making your  
own self care BINGO card!

**Tuesday 29 September 2020  
2:00PM**

to register email  
[caity.cox@headspaceknox.com.au](mailto:caity.cox@headspaceknox.com.au) or give us a call  
on 9801 6088