

StressLess



And look after your mental wellbeing

**Wednesday
9 October
7pm to 9pm**

Karralyka
Mines Road,
Ringwood East

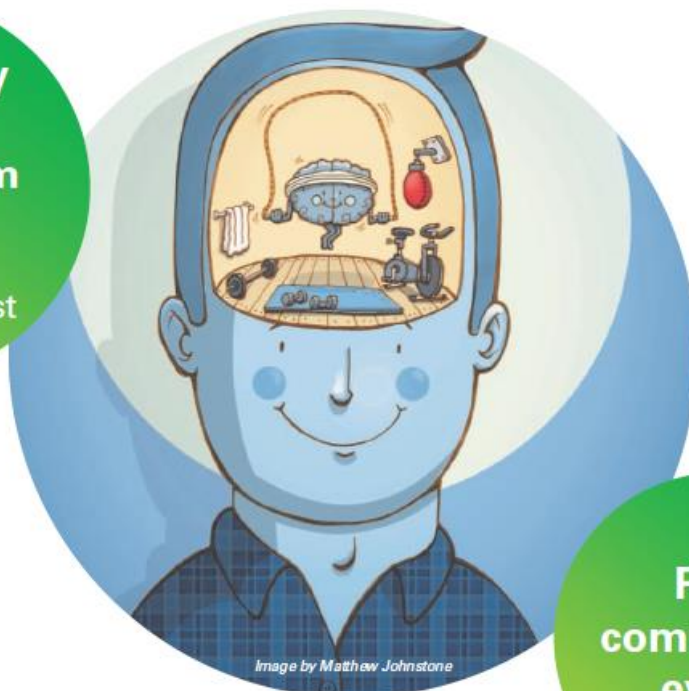


Image by Matthew Johnstone

**Free
community
event**

Join author, illustrator and presenter,
Matthew Johnstone, to explore:

- proven methods to reduce stress
- tips on how to manage anxiety
- understanding mindfulness
- how to lift your mood.

You will also have the opportunity to speak with local service providers including an animal therapy specialist and a variety of healthy lifestyle providers.

Book online by Monday 2 October
www.maroondah.vic.gov.au/StressLess

