



healthy mothers healthy families



As a mother of a child with disability, take a day out for yourself to think about your own health and wellbeing at this **FREE** workshop which is just for **YOU!**

Come and learn how to create a healthy lifestyle that fosters your own health and wellbeing alongside a happy and healthy family life. The day will explore:

- Connecting with other mums
- Looking after yourself
- Prioritising your own health and wellbeing
- Balancing caring responsibilities while enjoying life

WHEN	18 June 2019, 9.30am-2.30pm
WHERE	Mooroopna Education and Recreation Centre 23 Alexander St Mooroopna 3629
REGISTER	https://mooroopna-hmhf.eventbrite.com.au
CONTACT	Gina McAdam, HMHF Coordinator ginam@acd.org.au

Registration is essential. Includes morning tea and lunch. Workshops may be cancelled if numbers are low.