



STARTS
FRIDAY
4th
Feb

Mindfulness

Meditation

GROUP

Mindfulness Meditation will help you to learn to relax your body and mind with relaxation strategies and meditation practice. It has a range of benefits including improved sleep, reducing anxiety and stress, enhancing attention and concentration, and allowing you to change your response to stress and worry

- ▶ Held weekly on **Fridays** from **9am to 10am** on an ongoing basis. Bookings essential, no cost to participate

Facilitated by Allie Connelly

For bookings or more information, please call (03) 5485 5800



Echuca Regional Health

WELLBEING & PRIMARY
MENTAL HEALTH DEPARTMENT