



Ongoing  
Group

# Community

# Inclusion GROUP

The Community Inclusion group supports you to build connections with people in your community. Running weekly, the group focuses on increasing wellbeing by engaging in a range of activities, including meditation, yoga, arts and craft, mindful walking as well as initiating and supporting local community projects!

- ▶ Held weekly on **Thursdays** from **10.00am to 12 noon** on an ongoing basis
- ▶ There is no cost to participate in the group. Coffee and fruit provided

Facilitated by Allie Connelly

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



Echuca Regional Health

WELLBEING & PRIMARY  
MENTAL HEALTH DEPARTMENT