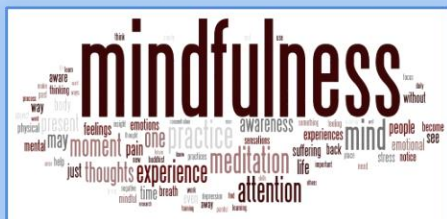


Embracing Relaxation



Come to 2 sessions where you can explore relaxation, understand stress and practice a number of powerful relaxation techniques that you can use at home.



WHEN: 6th & 13th Sept 2017

TIME: 12.30 til 2.30pm

WHERE: Community Connections
Hackham 72 Collins Parade
Hackham

FACILITATOR: Rose Boswell
(B.A.; Dip. Ed.; B.Soc.Sc.)

Creche is available on request.

Bookings can be made on
81866944

