

Be *kind* and *un*wind.

Personal Wellbeing

Wednesday 8th November 2017

9:30am to 2:30pm

Woodcroft Morphett Vale Neighbourhood House

175 Bains Road

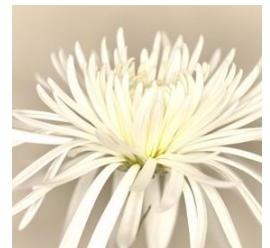
Morphett Vale SA 5162

Lunch Provided

Gold Coin Donation

Enquiries and bookings call either Joy Ephraums
(Facilitator) or reception on 8186 8900

emotional overload ~ relaxation ~ mindfulness



ANGLICARESA

This program is funded by the Department of Social Services