UNITING COMMUNITIES

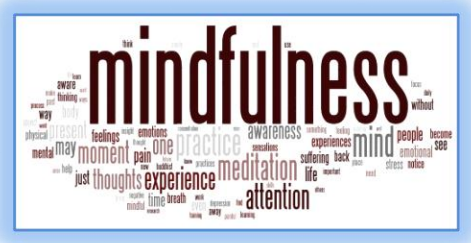
Junction AUSTRALIA

Strengthening lives and communities

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



Junction Australia

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