



Personal Health and Wellbeing Workshops

The focus of these **FREE** workshops is on personal health and wellbeing, mental health and coping with stress.

Chris Cummins from GV Health will conduct informative sessions providing practical, common sense tips on coping with stress ~ particularly aimed at rural families. At the end of the workshop there will be a short meditation session.

All sessions are from 10am to 12 noon.
Coffee and tea available from 9.45am

Tuesday, 2 September

Euroa Health, 26 Kennedy Street, Euroa

Wednesday, 10 September

Violet Town Community Hall, Cowslip Street, Violet Town

Thursday, 18 September

Nagambie Lakes Regatta Centre, Loddings Lane, Nagambie



For further information please contact:
Caroline Harlow
Drought Recovery Coordinator
Strathbogie Shire Council
Phone: 5795 0000
Mobile: 0408 552 482

