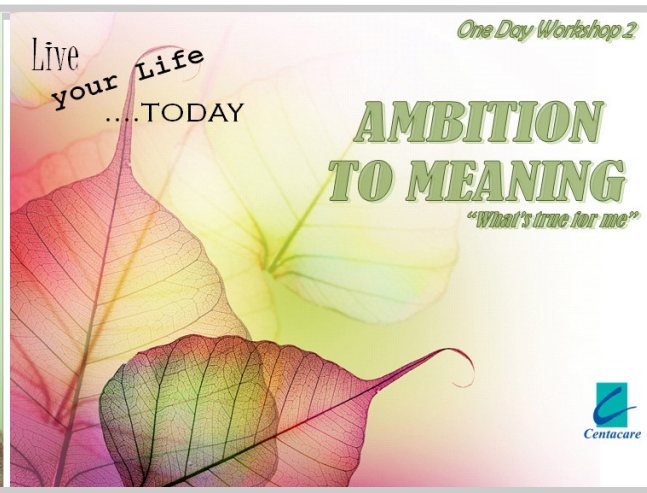


LIVE LIFE TODAY SERIES

WORKSHOP 1



WORKSHOP 2



WORKSHOP 3



Come and join like-minded women in small group workshops. Explore the positive ways of improving your life in a fun one day Workshop.

The aim of this workshop is to increase your self awareness, topics covered are listed below.

Thursday 1 May

- Relaxation Session
- Expressive Drawings
- Emotions and the brain
- Fear and Anxiety
- Examining values and beliefs
- Detach from outcome

Where:	Rockhampton
Time:	9:30am-2:30pm
Venue:	Centacare Rockhampton 10 Bolsover Street Rockhampton
RSVP:	Thurs 24 April
Cost:	\$20.00 / workshop
Lunch:	BYO Lunch

Thursday 8 May

- Relaxation Session
- Expressive Drawings
- Healthy relationships
- Identify your life's purpose
- What is coincidence
- Incorporating small changes
- Motivational strategies

To Register

Email: registrations@centacare.net or Phone 1300 523 985

"Fees are negotiable and no one is refused a service based on an inability to pay.
Please speak to the facilitator if you have concerns about the fees"

Thursday 15 May

- Relaxation Session
- Expressive Drawings
- Can we heal our lives
- The power of vulnerability
- We become what we think
- Change your thinking
- Affirmations and motivated thinking

