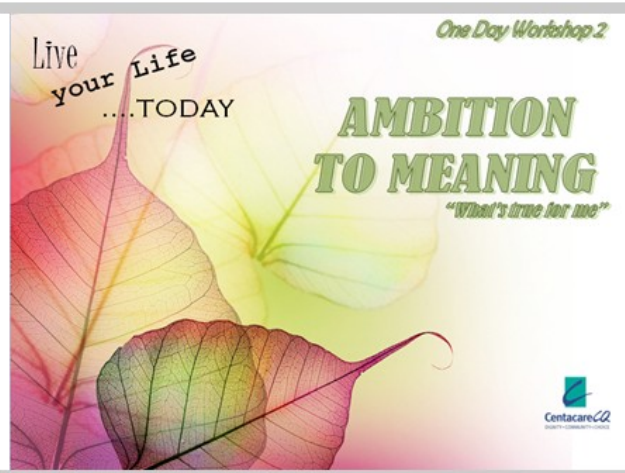
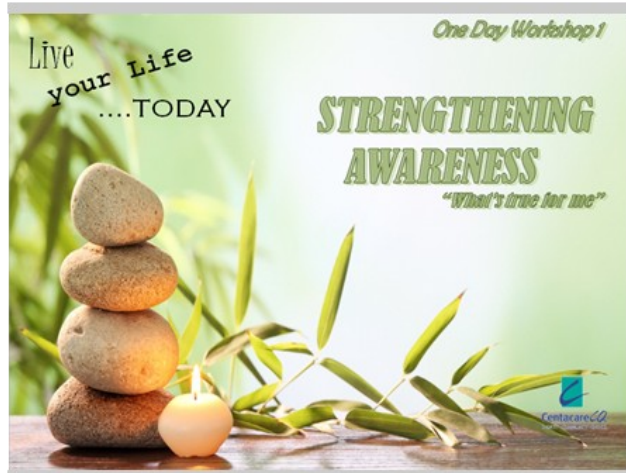


# LIVE LIFE TODAY SERIES



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.

## Fri 13 March

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

## Fri 20 Mar

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

## Fri 27 Mar

- 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

<b>Where:</b>	<b>Umbrella Network</b>
<b>Time:</b>	9:30am-2:30pm
<b>Venue:</b>	<b>Umbrella Network 254 Eldon Street, Rockhampton</b>
<b>RSVP:</b>	Fri 6 March
<b>Cost:</b>	<b>\$20.00 / workshop</b>
<b>Lunch:</b>	<b>BYO Lunch</b>

### To Register

**Email: [registrations@centacare.net](mailto: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"

