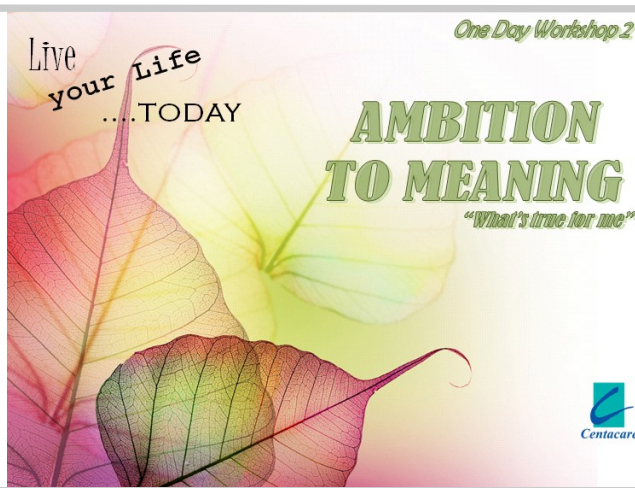


LIVE LIFE TODAY SERIES

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:

Tuesday 10 Mar

- 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:	Allenstown State School The Annex, Caroline St Allenstown
RSVP:	Tuesday 3 March
Cost:	Free for Allenstown School mums
Lunch:	BYO Lunch

Tuesday 17 Mar

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

To Register

Please note no one is refused a service based on inability to pay

To register for the above program

phone Melanie school Guidance Officer on 0467 815 549

Tuesday 24 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



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