

Mindfulness

stripped back to basics

Learn to:

- o reduce stress
- o improve physical and psychological wellbeing
- o improve relationships
- o enhance productivity

Facilitated by:

- o Helen Handsjuk
B.Sc. Hons (Psych & Physiol.) MAPS
Psychologist and
Mindfulness practitioner

Date: Friday 26th Sept. 2014

Time: 10am - 12 noon

Cost: Adult - \$45 Student - \$35
(limited places available)

Venue: Broome Community House
27 Frederick St., Broome, WA

Enquiries: www.handsjuk.com.au/contact

Bookings: www.trybooking.com/102601