

Nourish

A DAY OF WELLNESS FOR THE MIND, BODY AND SOUL

WORKSHOP 1 - FRIDAY 25 MAY 2018
SORRENTO SURF LIFESAVING CLUB

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Nourish

Are you caring for a loved one with a mental health issue?

Anxiety, depression and autism are just a few of the conditions which can be challenging, both personally and within the family. To provide the best possible care, it is essential that you look after yourself both physically and emotionally.

Nourish, is your chance to take a day out and care for yourself! Located in a stunning coastal location, the workshop will be held in May.



Stretching and movement



Mindfulness and relaxation



Gift bag and take-home notes



Peer support and friendship



Nutrition, healthy meals and snacks



Artistic expression



Tips for managing tricky situations

The day is free for eligible carers 18+, living in western and northern suburbs of Perth, caring for someone with a mental health condition. If you have any questions, or would like to register your interest, please contact Christina on 0407 420 068

or Christina.Self@redginger.net.au.



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