



AN EVENING FOR YOURSELF

Venue: Our Lady of Mount Carmel Church Firhouse.

Resource Room

Date: THURSDAY - 29thNOVEMBER 2018

Time: 7.30pm to 9.30pm

A chance to step aside from the chaos of today's world for a short while and relax body and spirit.

This workshop is a great opportunity to take time out to discuss and reflect on the different aspects of self care and begin to bring more peace, quality and balance to your life.

Living a happy and fulfilled life requires focus, direction and conscious effort,

The topics include-

Achieving balance in your life;

Managing feelings;

Dealing with negative moods;

Coping with stress and pressure;

Nurturing growth and quality of life.

The workshop will consist of presentations, discussions, fun, exercises, music and song.

Facilitator, George Kearns

This is an evening specially for you – it is rewarding and enjoyable.

Take care of yourself and live life fully –

Discover more energy and direction in life.

There will be a break for Tea/coffee.

(A donation on the night would be very much appreciated.)

Booking necessary through Parish Office.....Ph. 4524702