



HEALTHY MINDS

FREE 8 WEEK PROGRAM

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Friday 14 February to Friday 3 April | 10.30am to 11.15am
@ Community Hub, 12 Elizabeth Street, George Town

PROGRAM PARTNER



FREE 8 Week Program !

Everyone is invited to these FREE mindfulness programs. This 8 week program is suitable for adults experiencing or at risk of anxiety, depression or stress. Learn mindfulness in a relaxed and supportive environment.

OTHER INFORMATION

CONTACT DETAILS

Christine Hiltner
christine@mindfulnessaus.com.au
0427 824 759



HOW TO REGISTER

Just turn up on the day to participate or pre-register today via one of the options below:

1. Complete a paper-based form at the session
OR
2. Register online at:
healthytasmania.com.au/Registration/ OR
3. Fill in your details just ONCE by downloading the "I'm In by Healthy Tasmania" phone app available on iOS and Android. Then simply bring your phone to a session and scan the QR code on your phone with the session coordinator's phone.