## **Carers FREE Mindful May**

During May we are offering **FREE** Mindful Activities in Indigo.

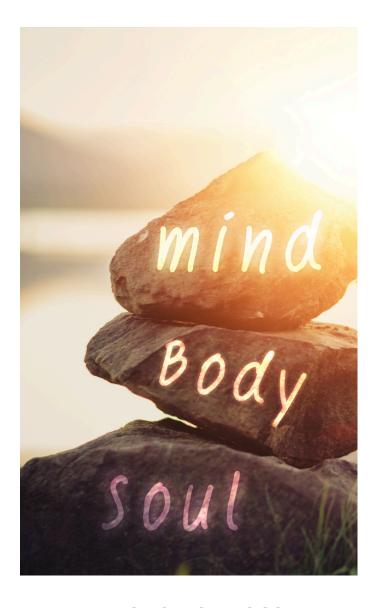
Meditation, Movement, Massage & Mindful Art. You can connect with others, try something new, take the opportunity to relax and enjoy a cuppa.

Come to one or all of them ... Join us

Chiltern Neighbourhood House
11 Main St, Chiltern
Mindful Art with Lisa & Morning Tea
Wednesday 15th May, 10.00am - 11.30am

Quercus Beechworth
26 Ford St, Beechworth
Massage, Mandalas & Morning Tea
Friday 17th May, 10.00am - 11.30am

Yackandandah Community Centre
29 High St, Yackandandah
Meditation, Movement & Morning Tea
Wednesday 22nd May, 10.00am - 11.30am



For more information and to book a spot contact: Tanya 0407 615 263



