

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

*Connecting Carers in Indigo Project partners: Beechworth Health Service, Quercus
Beechworth, Indigo North Health, Yackandandah Community Centre, Chiltern
Neighbourhood House, Indigo Shire Council*