

MINDFULNESS & WELLBEING

11.00AM
FRIDAY
8TH OCTOBER

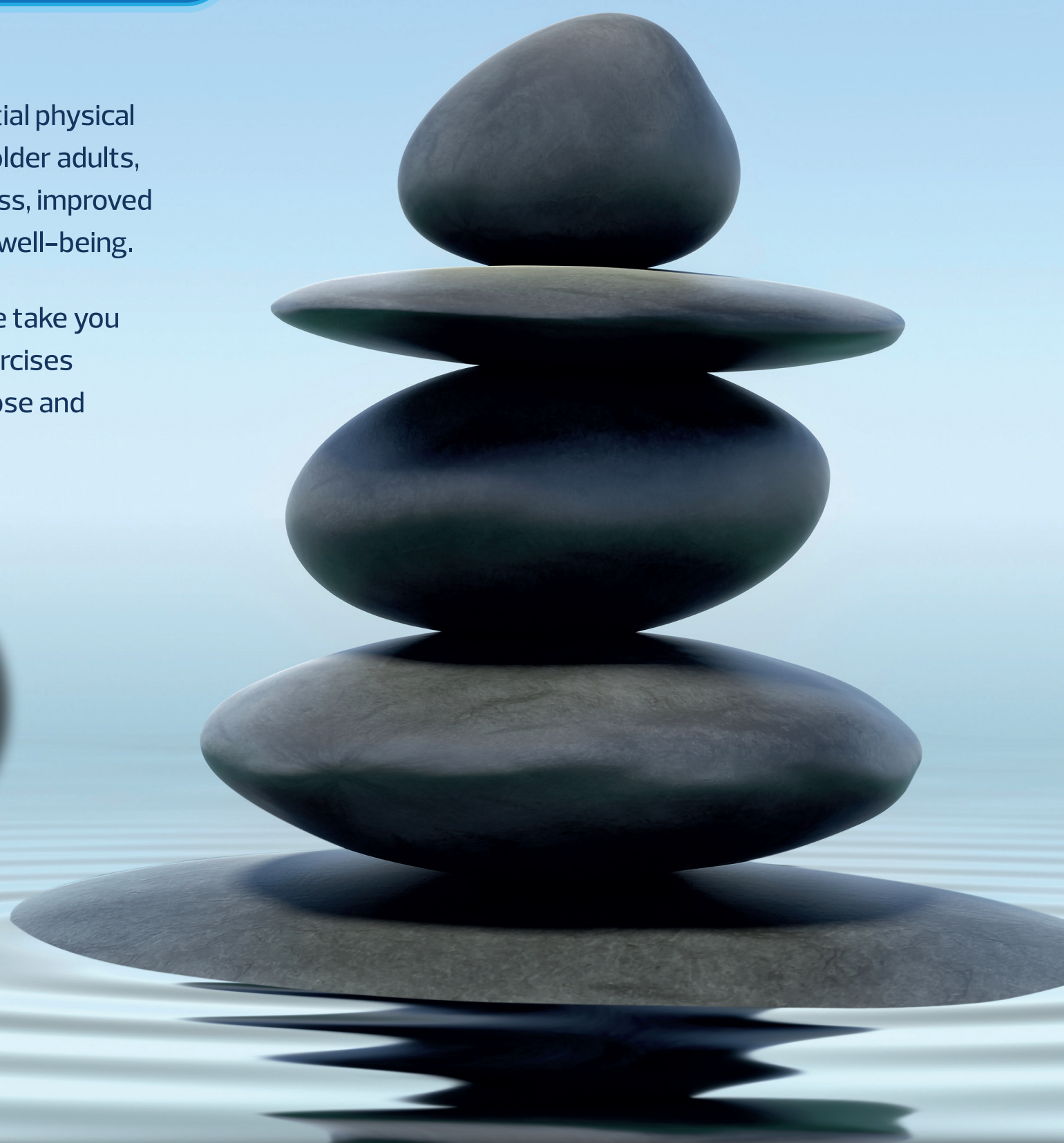
SPECIAL SESSION

Mindfulness training has potential physical and psychological benefits for older adults, including better focus, less stress, improved sleep and enhanced emotional well-being.

Join us for a FREE session as we take you through some introductory exercises focused around meaning, purpose and connectedness.

FREE

**Bookings
Essential**



Canterbury Centre
2 Rochester Rd, Canterbury

Transport: \$5 each way
(Booking required & conditions apply)



BOROONDARA AGED SERVICES SOCIETY

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