

# CREATING CALM

A SIX WEEK MINDFULNESS WORKSHOP

## Join us for a mindful journey online!

Let's be honest it's been a wacky few years. Are you feeling a little stressed lately or perhaps finding yourself worrying about the past or future?

Georgia will take you through an introduction of mindfulness as well as tips on how to reduce stress and improve sleep quality. You will learn how to introduce mindfulness in your daily activities.

Georgia is an aged care case worker and accredited mindfulness facilitator with Mindfulness Australia.

Places are limited so get in quick!

### When:

Wednesday February 22 -  
Wednesday March 29

### Time:

2:30pm - 3:15pm

### Where:

Online via video- call

### Cost:

\$5 per session (If this is a barrier, we can look at a fee reduction)

**We are funded by the  
government to work with  
people aged 50-64**

### Register Here

**If you have any questions, please call Stef  
on  
0448 951 701  
or email**

**[LivingWellAgeingWell@merrihealth.org.au](mailto:LivingWellAgeingWell@merrihealth.org.au)**

mindfulness  
creates a sense  
of acceptance  
and awareness



**Merri Health**  
Healthcare that moves with you