

WELLBEING FRIDAY

IN THE
GARDENS

FOR YOU, FOR US, FOR EVERYONE...

SEPTEMBER
25

Looking for support? To connect with new people? Learn new skills?
Improve your wellbeing?

Join one or all of our FREE sessions, or chat to our host Jo from WellSouth for
information on the support available in our community.

10.00-11.00am

Guided Movement with Rick Gutzewitz

Build energy through movement and music includes stretching, fascial engagement, hip mobility, dynamic movement, play and games.

11.00-12.00pm

Foundations in Wellbeing with Rick Gutzewitz

Understanding ourselves helps us find meaning, fulfillment, and wellbeing. Explore the principles of wellbeing, their application, put them into practice.

12.00-1.00pm

Mindful Colouring, Walking and Lunch

An opportunity to relax, unwind, connect with yourself. We have snacks, or bring your own lunch.

1.00-1.45pm

Mindfulness Meditation with Hanna Milton

Helping you get more out of meditation, faster and forever – with the right practice we can rewire our brains to live happier and more meaningful lives.



**Find us at
The Rotunda (bandstand), Queenstown Gardens.**