

THE MIND SERIES

COME TO ONE
OR COME TO ALL!

The Workshops

2 September Mindfulness can effect every facet of your life, come and explore the what, why and how of Mindfulness in every day wellbeing.

7 October Neuroplasticity explained - Change your brain. Change your life.

4 November Thinking affects how we see the world. Lets talk about intuition, rational thinking, impulse control and delayed rewards.

2 December Mind & body – our nervous system

4 Public Workshops

Facilitated by
Psychologist, Sharee Johnson

Who should come

Parents, Teachers, Students, anyone interested in learning more about how our brains work & how we can use this knowledge to build our capacity at school, work and in life.

The MIND SERIES is a public forum with no presumed prior knowledge. These workshops will facilitate the conversation in response to feedback from the Gippsland Health Summit. It will be of a general nature and is not a forum for therapy or diagnosis.

Wednesdays

5.30pm - 7.00pm

\$10/person/workshop

just pay at the door

Register to join the workshops

Todd Clinics 5144 5588 or

www.surveymonkey.com/r/NQZXJRY

Venue St Paul's Community Room
155 Cunninghame St. Sale