



TRIPLE M

Movement, Mindfulness and Munching

This program is for seniors living in the city of Joondalup who may be experiencing, or have experienced, mild anxiety or depression. Come and enjoy 6 weeks of this positive experience to improve your mental, physical, emotional and social wellbeing using mindfulness.

This program is designed to:

- Incorporate more movement in your lifestyle
- Learn how to read food labels, prepare healthier food and feel more energetic
- Learn about applying mindfulness to how you eat and move
- Enjoy learning in a supportive small group setting
- Meet new people and have fun

To Book: <https://www.trybooking.com/RWML>

Bookings close 9 October 2017



womens health
& family services



City of
Joondalup

Thursdays
12 October to
16 November 2017

9am – 11am

Womens Health and
Family Services
Suite 6, 70 Davidson
Terrace, Joondalup

\$20 for 6 weeks
(refundable if you complete at
least 4 of the 6 weeks)

Womens Health & Family
Services
www.whfs.org.au

If you are interested email
obiddiss@whfs.org.au or
call 6330 5400

