



# TRIPLE M

## Movement, Mindfulness & Munching

Improving your mental, physical, emotional and social wellbeing using mindfulness

- Incorporate more movement in your lifestyle
- Learn how to prepare healthier food and feel more energy
- Learning more about mindfulness
- Enjoy the benefits of applying mindful thinking and practice to how you eat and move in a supportive small group setting
- Meet new people and have fun

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



womens health  
& family services



City of  
Joondalup

Thursdays  
12 October to  
16 November 2017

12.30pm – 2.30pm

Womens Health &  
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](http://www.whfs.org.au)

For more information please  
contact  
[bookings@whfs.org.au](mailto:bookings@whfs.org.au)