

Mindfulness Info Session

Details about his free session:

- Self-awareness.
- How mindfulness protects you.
- Gain and maintain a moment by moment awareness of your thoughts, feelings and bodily sensations.

Where: 20 Tank Street

When: 18th of March 2020 – 9:30 to 11am

RSVP: 4979 1456 info@gladstonewomenshealth.org.au



Gladstone Women's Health Centre

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