

Self Care Information Session

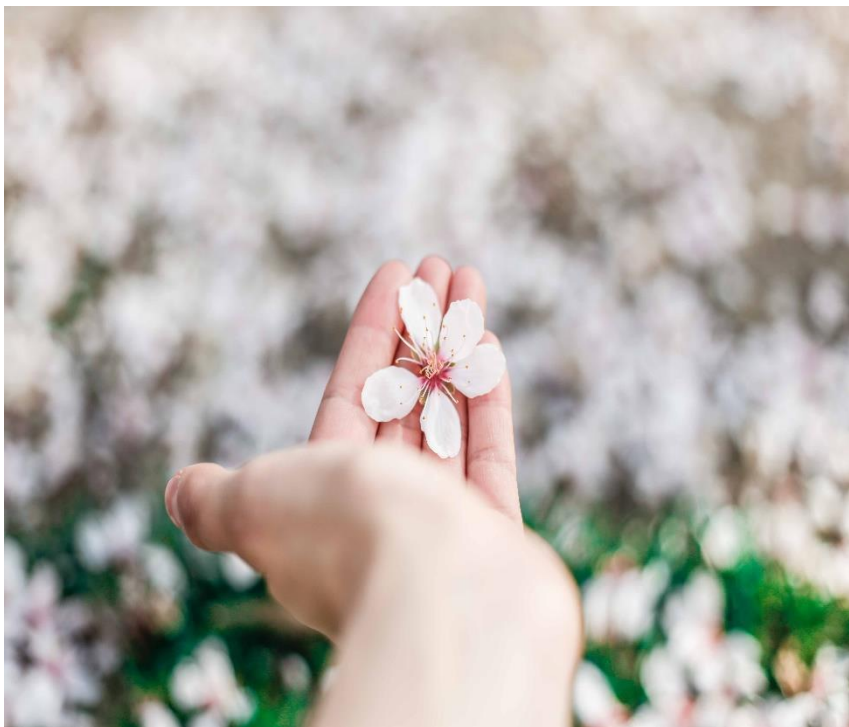
Details about this Free Workshop:

- Providing an overview of what self-care and compassion is.
- Identifying our inner critic.
- Identifying the compassionate inner voice.

Where: 20 Tank Street

When: Wednesday, 11th of March 9:30-11am

RSVP: 4979 1456 info@gladstonewomenshealth.org.au



Gladstone Women's Health Centre

20 Tank Street Gladstone Qld 4680 • PO Box 8219 Gladstone Qld 4680
info@gladstonewomenshealth.org.au • www.gladstonewomenshealth.org.au
(07) 4979 1456