

Strengthening Up & Moving on



Details about this FREE workshop:

- Self-Esteem
- Communication for Relationships
- Managing Emotions – Anger
- Stress Management - Relax

Where: 20 Tank Street

When: 24 & 31 March & 7 April 09:30-11:30am

RSVP: 4979 1456 info@gladstonewomenshealth.org.au



Gladstone Women's Health Centre

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