Liverpool Women’s Health Centre

NEW GROUP FOR WOMEN!!

Mindful Strategies for Good Health

Explore and Learn a range of self care strategies to help you achieve your health goals.

Some of the topics to be covered:
- Stress Management
- Anxiety
- Depression
- Insomnia
- Developing healthy eating plans & exercise program
- Skills in taking self care

**When:** Tuesdays  6th May - June 3rd
**Time:** 10.30am-12.30pm  **Facilitators:** Ses & Suzy

Participants will need to attend a Pre Enrolment Interview on Tuesday 29th April and a Follow up Meeting Tuesday 24th June