



“Harmony Place”
30 Shottery Street Yeronga QLD 4104
Tel: 07 3848 1600 Fax: 07 3848 1699

Free Multicultural Well – Being Program



Are you from a Culturally and Linguistically Diverse Background?

COME ALONG
Wednesdays 10:00 am – 12:30 pm
At Harmony Place 30 Shottery St, Yeronga

Week	Topic
Wednesday 18/01/12	1 hour Aging Healthily 1 hour Tai Chi
Wednesday 25/01/12	1 hour Mental Health Session 1 hour Fitness
Wednesday 01/02/12	1 hour Stress Session 1 hour Breathing and Relaxation
Wednesday 08/02/12	1 hour Happiness Session 1 hour Tai Chi
Wednesday 15/02/12	1 hour Mental Illness Session 1 hour Yoga
Wednesday 22/02/12	1 hour Self-Esteem Session 1 hour Art
Wednesday 29/02/12	1 hour Depression Session 1 hour Latin Dancing
Wednesday 07/03/12	1 hour Natural Ways of Self-Care 1 hour Practical Ways of Managing Headaches

Would you like to have fun, enjoying Tai Chi, Yoga, Fitness?

Do you want to learn how to stay mentally healthy and to be more positive?

To get more information ring:

Bronwynne or Ruth at
 Harmony Place on 3848 1600 or

email: ruth@harmonyplace.org.au
 or bronwynne@harmonyplace.org.au