



Self-Care and Mental Wellbeing Workshop

This two-hour self-care and mental wellbeing workshop will provide the skills and resources to develop an individualised self-care and mental wellbeing plan that encompasses activities to enhance physical, mental, emotional, social and spiritual health on a daily basis.

The workshop will explore the concept of self-care and mental wellbeing, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis.

When: Wednesday 8th February, 2023

Where: Trade Training Centre, Huonville
101 Wilmot Road, Huonville

Time: 2.00pm – 4.00pm – registration from 1.45pm

Cost: Free

Enquiries: Tanya Page – 6264 9478 or tpage@huonvalley.tas.gov.au

RSVP: Please book via Eventbrite:

<https://www.eventbrite.com.au/e/490104895937>

*This training is supported by local fundraising (#hopeinthehuon),
Tasmanian Community Fund and Huon Valley Council*