



Blacktown Women's and Girls' Health Centre

6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344

E: info@womensandgirls.org.au | W: www.womensandgirls.org.au

Mindful Meditation

Rest and Recharge Right Here!

Tuesdays 22nd October 2024

for 4 weeks 2:30pm –3:30pm

Commencing 22nd October till 12th November 2024

Welcome to our mindful meditation classes designed to provide you the opportunity to rest and recharge your mind and soul.

- **Gaining a new perspective**
- **Building skills to manage your stress**
- **Increasing self-awareness**
- **Focusing on the present**
- **Reducing negative emotions**
- **Increasing creativity**
- **Lowering heart rate**
- **Improving sleep quality**



Please Call reception on **9831 2070**, to book your spot

Please Note: There is no onsite parking for clients or visitors.