



# Blacktown Women's and Girls' Health Centre

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## *Mindful Meditation*

*Rest and Recharge Right Here!*

**TUESDAYS**

**2:30pm – 3:30pm**

**Commencing from 4th February 2025**

Welcome to our mindful meditation classes designed to provide you with 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.