

FREE WORKSHOP

# 5 Ways to Wellbeing



This practical, interactive workshop introduces you to five simple and effective ways to improve your psychological, emotional and physical health.

**Friday 23 October**

10AM to 12PM

5:30PM to 7:30PM

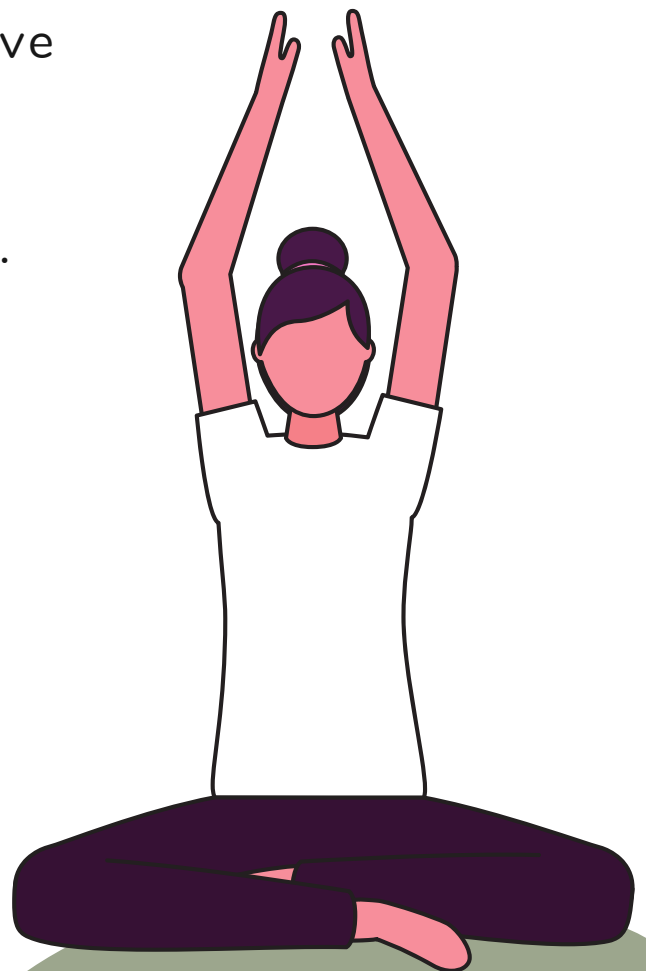
**Kiama Leagues Club**

**(Board Room)**

**For bookings and enquiries:**

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Or text 0418 225 239



**Health**  
Illawarra Shoalhaven  
Local Health District

