



REGISTER NOW

FREE Wheel of Well-being Course

focusing on health and happiness from a personal & professional perspective



Body. Mind. Spirit. People. Place. Planet.



Wheel of Well-being

WHEN

Monday Evenings - Burdekin Theatre
5.30pm or 7.00pm session
6 x weekly 1 hr small group sessions
Commencing 12 June 2023
(excl. school holidays)
Light nibbles provided

REGISTER NOW

For more info or to register
contact Council's Community
Development Team via
phone 47839800 or email
commdev@burdekin.qld.gov.au

* LIMITED SPACES

COURSE CONTENT

The WOW program explores the science of happiness & wellbeing and what kinds of things we can do to improve our well-being.

Learn

- What contributes to happiness & how we can improve our well-being
- How does stress impact the body and mind
- What are the benefits of mindfulness
- Improving relationships with others
- Brain & gut connection

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