



# **WELLNESS AND PRIMARY MENTAL HEALTH DEPT.**

IS OFFERING

## **MINDFULNESS MEDITATION**

For our Community

**EVERY FRIDAY**

At the Education Centre

Echuca Regional Health

10am – 11.15am

**ALL WELCOME**

Come when you can

**COST: FREE**

**For further information;**

**Contact Leanne or Bronwyn**

**On 54 855 800**