

Healthy Life Balance for Mums

Richmond Community Services Inc in partnership with
Windsor Professional Centre are pleased to offer

**A FREE WORKSHOP FOR FAMILIES
WITH FREE CHILDCARE**



*Do you feel overwhelmed, tired,
stressed and on edge often?*



*Would you like to learn how to
create a healthy life balance for
yourself?*

**If you are a mum and have answered yes
to either of these questions, this workshop
is for you!**

Here you will learn easy to follow tips and solutions for a balanced home life that involves each family member and focuses on self care. You will learn to manage stress in a healthy way and communicate effectively to everyone at home.

This workshop will have a holistic approach to focus on all areas that mums may be struggling in.

WHEN: Wednesday 31st May 2023

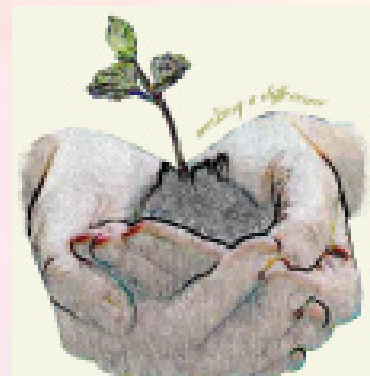
TIME: 9:30am - 12pm

**Where: Richmond Neighbourhood Centre
20 West Market Street, Richmond, NSW**

Bookings essential!

To Book call: 4588 3502

Or e-mail admin@rcsi.ngo.org.au



...making a difference...