



# Self Care for the Silly Season

Unwrap the Gift of Self-Care this Christmas Season!

The 'most wonderful time of the year' can sometimes leave us feeling overwhelmed and burnt out. This Christmas, why not give yourself the ultimate present by attending the: '12 Must-Haves of Self-Care for the Silly Season' workshops! Join us for this workshop series and be guided through the essential aspects of caring for YOU during the Christmas season and setting up new habits for the year ahead. Embrace the holidays with a renewed sense of self, positivity and energy!

Give yourself a gift that keeps on giving

**OVER 2 WEDNESDAYS 22ND & 29TH NOVEMBER 2023  
10AM -12NOON**

**RICHMOND NEIGHBOURHOOD CENTRE  
20 WEST MARKET ST RICHMOND**



**Bookings ESSENTIAL**  
**email us at: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**  
**phone us at: 02 4588 3502**

