



Stress Buster Workshop

Gain some insights into how you can manage your stress levels. This workshop will be facilitated by *Marj Speedy* of the Wide Bay Women's Health Centre

Date: Thursday 20th May 2010

Time: 10.00am - 12 noon

Venue: Isis Child and Family Support Services
14 Hinkler Street, Childers

*There is no charge for this workshop

'Community Partnerships at their Best'

For **bookings and inquiries**
please ring Marnie on
41304690



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