

Mindfulness and Self-Care

This session offers practical
mindfulness skills and self-care
strategies.

Friday
5th June, 2026
9.30 am - 2.30 pm
225 Bolsover Street
Rockhampton

Registration required. Please bring a gold coin
donation to attend; resources and lunch are
provided.

**Women's Health Information and
Referral Service CQ Inc.**

225 Bolsover Street
Rockhampton
(07) 4922 6585 or 1800 017 382
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Women's Health
Information



& Referral Service
CQ Inc.