

Well-being for WOMEN

— B R I S B A N E —



These presentations offer a wealth of insight, inspiration and practical take-home tools for you to embrace in your own life.



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The foundation we establish for living every aspect of our lives is ultimately what determines the impact this will have on our health, our mental well-being, our relationships, family and our work life.

If we want to change the narrative and experience something different, then there is an important process of finding out what fits and what doesn't to the end result we would actually like. This requires the willingness to explore with honesty, allowing the necessary awareness and insight to begin addressing this essential re-orientation.

As we are all familiar, short term solutions are seldom more than stop-gaps that simply delay the result we wish to avoid, without any true change or transformation.

Well-being for Women presentations throughout 2020 will explore the following five areas of life (see dates), supporting women to examine and develop understanding of each aspect, it's points of consideration, her relationship with them and their relevance for her.

When

**Monthly on Saturdays
3:00pm - 5:00pm**

Registration from 2.30pm

2020 Dates

Mar 7th - Relationships

May 2nd - Family

July 4th - Physical Health

Sep 12th - Mental Health

Nov 14th - Work Life

Where

Woolloongabba

Free parking available.



Bookings

To book visit

www.esotericwomenshealth.com/events



For more information email

brisbane@esotericwomenshealth.com

Investment **\$20**

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