



Anxiousness & Overwhelm

How to support yourself in day-to-day life

Friday 16th June

The insidious effect of anxiousness and overwhelm is that many people are living with a level of anxiousness, be it mild or chronic, yet many are not aware of it. It can present in all areas of your life and has considerable impact on your health, wellbeing, relationships and productivity. This Nurturing Your Health presentation and morning tea will explore how to support yourself on a deeper level so that anxiousness doesn't rule or hamper you in your day-to-day life.

Nurturing Your Health mornings are informal well-being presentations that provide opportunities to understand how we can nurture ourselves and support our well-being on a deeper level. They also provide us with a space to connect and share with others our experiences and feelings on the topics covered.

Cost: Free, including morning tea

Time: 9.30am - 12.00pm

Venue: 19 Harrington Avenue, Warrawee

Bookings essential.

Contact: Katie on 0412 187 458 or
katie@gentlerhythms.com.au



**Nurturing
Your Health**

Well-being Presentations Hosted By Gentle Rhythms