Enhance Your Health & Wellbeing
- practice the art of wellbeing


Research is showing us how our health and happiness can be significantly enhanced by engaging in certain activities in our daily lives.

The half day workshop will provide participants with the knowledge and understanding of how elements of positive psychology can increase personal resources to work towards new goals.

Engage in simple and fun activities including:
- Positive Psychology (Flow)
- Determinants of Happiness
- Food for Thought
- Attitude of Gratitude
- DIY Happiness

TIME 8.45am - 12.45pm
DATE Wednesday, 7th December 2016
VENUE SOLAS, 1/37 Ryan Street, Charters Towers, Qld 4820
REGISTRATION Registration is complimentary with thanks to the Northern & Western Queensland Wellbeing Hub.
BOOK NOW Please call Tui on 4787 8642 to secure your place. Hurry, limited places are available.

The Northern and Western Queensland Wellbeing Hub is funded by the Queensland Mental Health Commission.

www.wellbeinghub.org.au