Enhance Your Health & Wellbeing
- practice the art of wellbeing

Wheel of Well-being


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 Friday, 2nd December 2016
VENUE MIFNQ, 59A Cambridge Street, Vincent Qld 4814
REGISTRATION Registration is complimentary with thanks to the Northern & Western Queensland Wellbeing Hub.
BOOK NOW Please call MIFNQ on 4725 3664 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