



A FUN 4 DAY WELLNESS COURSE FOR **KIDS AGES 8-13**
THAT TEACHES SIMPLE BREATHING TECHNIQUES AND
MINDFULNESS SKILLS TO HELP CHILDREN MANAGE
EMOTIONS, BUILD CONFIDENCE, AND IMPROVE FOCUS

- ✓ **BUILD CONFIDENCE AND OVERCOME SHYNESS**
- ✓ **MANAGE EMOTIONS WITH EASE**
- ✓ **IMPROVE CONCENTRATION AND MEMORY**
- ✓ **CONNECT BETTER WITH PARENTS AND TEACHERS**
- ✓ **BOOST CREATIVITY**
- ✓ **DEVELOP FRIENDSHIP AND LEADERSHIP SKILLS**

MON-THURS

TIME: 10AM - 12PM
7TH - 10TH JULY

COST

FREE OF CHARGE
DONATIONS APPRECIATED

LOCATION

PENRITH WOMEN'S
HEALTH CENTRE
63 Union Road, Penrith

CALL TO BOOK YOUR SPOT
(02) 4721 8749

