



Mindfully You

Term 2, 2016
4 week Mindfulness Course

Commencing, Thursday
28th April to 19th May
at, Bayside Osteo Clinic
941 Nepean Hwy, Mornington

Cost: \$120
(incl manual)

contact: eryka@lookingforwardcounselling.com.au

there is a way to improve things.