

# Feeling Stressed?



Dr Craig Hasted presents:

“Managing your stress mindfully”

We all Experience Stress. The practice of Mindfulness can be used to manage stress and enhance physical and psychological wellbeing and productivity.

Dr Craig Hasted, Senior Lecturer, Department of General Practice, Monash University presents this popular 6 week course that will teach you how to manage your stress mindfully.

**Class dates are as follows...**

14th, 21st and 28th of July.

August the 4th and 11th followed by September the 1st

**Time:** 5:30pm - 6:45pm

**Location:** Resource Centre, 3 Stanley Ave Cheltenham.

Places always fill fast so book early!

Cost \$280 (including book and cd) Concession \$250

Payment in full is required to secure booking

