

# ***Meditation & Relaxation Workshop***

**In this gentle and relaxing introductory workshop, explore several different meditation and relaxation processes for reducing stress and calming the mind**

**Come along to this workshop:**

- \* **To have some time out to focus on you**
- \* **To learn more about how you can add de-stressing activities into your routine**
- \* **To give your health and wellbeing a boost**

**Tuesday 30th July**

**9.45 am (10.00 am start) to 1 pm**

**Cost \$10**

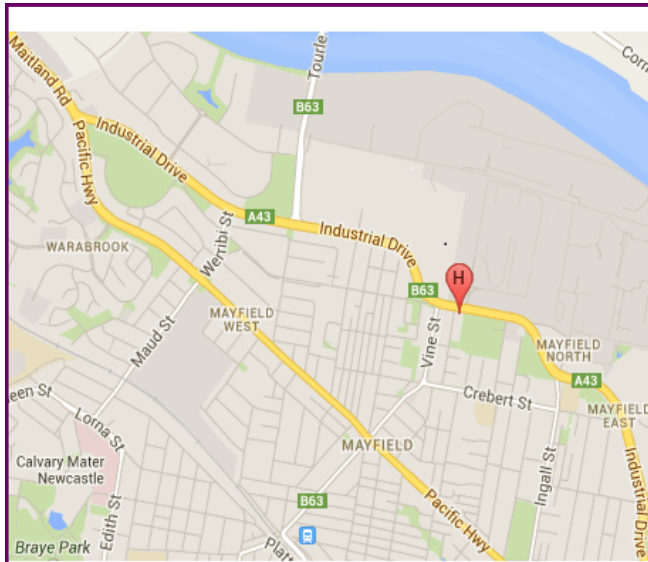
**Morning tea provided**

**Phone 4968 2511 to register**

*Preference given to those who have not attended this workshop before*



Hunter Women's Centre is funded by  
Hunter New England Local Health District



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## Public Transport

### Buses from Hamilton Train Station

- 47 Norfolk Ave after Robert St (alight Barton/Bull St Mayfield)
- 11 Maitland Rd before Beaumont St (alight Maitland Rd, before Hanbury St Mayfield)
- 24 Albert St opp Hawkins Oval (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is  
Waratah with a 20 minute walk to the Centre

## Opening Hours

Monday to Thursday: 9am to 5pm  
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)  
Mayfield NSW 2304  
Phone: 02 4968 2511  
admin@hwc.org.au