



X



## 'CULTIVATING COMMUNITY' SERIES

# INDIVIDUAL WELLBEING

*Tackle stressors with a holistic view to your wellbeing. Support yourself first by sewing SEEDS for self health, then share it with your communities. Hear from speakers on each domain and interact in a panel discussion.*



**Ben Brockman**  
Speaker



**Miranda Stephens**  
Speaker



**Baxter Adams**  
Speaker

**Ulverstone Football Club**



6:00pm - 7:30pm

**Friday 19th April, 2024**

**ENTRY BY DONATION**

### SEEDS Acronym:

- Social Connectivity
- Exercise
- Education
- Diet
- Sleep

# Mind Your Self

---

Programs for Tasmanian adults who  
may be experiencing stress

**In collaboration with Man Up Tasmania and  
the Ulverstone Football Club**

**3 x Fridays: 19<sup>th</sup> April, 3<sup>rd</sup> & 10<sup>th</sup> May  
6.00pm-7.30pm**

A short course on improving your wellbeing, with a special open session  
Friday 19<sup>th</sup> April to hear from a panel of speakers. Men are particularly  
encouraged to attend.

Visit our webpage to apply:

**[www.mindfulnessaus.com.au](http://www.mindfulnessaus.com.au)**

*If our courses are not right for you, we can help you find something that is*

Need help or more information? Email us: [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au)

Or phone: 0488 064 228



*Courses are provided FREE with support from Primary Health Tasmania under the Australian  
Government's Primary Health Networks Program*