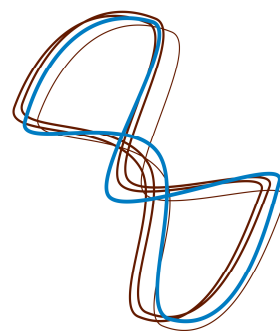


Coping skills for tough times



MITCHELL
Community Health

Mitchell Community Health Service is conducting stress and relaxation sessions in Marysville and Yea. A two hour session will cover things like:

- Relaxation—simple techniques and exercises that can make you feel good
- Stress management
- Taking care of yourself
- Bottled up feelings
- Dealing with feelings of anger and frustration

The sessions will take place as follows:

Marysville

Dates: Tuesday 9 February 2010 Time: 6.30pm—8.30pm
 Thursday 11 February 2010 Time: 10.00am—12noon
Venue: Marysville Village, Ausco Building

Yea

Date: Thursday 18 February 2010 Time: 10.00am—12noon
Venue: Murrindindi Shire Council Chamber, Yea

Bookings essential. Please contact Mitchell Community Health Service reception on 5784 5555 to book your place.

Mitchell Community Health Service

Supporting health and wellbeing in the communities of Mitchell and Murrindindi

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