



LADIES INSPIRE NIGHT

WELLBEING MATTERS

FRIDAY 7-9PM

18 SEPTEMBER



Step Into Health.

Step Into Happiness.

- ✓ **Wendy Bowen Graham**
- ✓ **Head of Waiora & Counselling at Middleton Grange School.**
- ✓ **Dip of Social Work, Bachelor of Counselling, Graduate Dip of Teaching.**
- ✓ **Invite your friends!**



**St Andrews Church
148 Main Road
Redcliffs**



\$5

**per person bring
extra money for
Bright Hope Cards**

Learning about our own Mental Health and how we Journey through that with God by taking care of our own Wellbeing. Come and learn some practical gems that help us manage through some of life's storms.

RSVP

Debbie 021707769