



Wellways to Health

Is life hard at the moment? Are you feeling stressed, anxious or low?

WELLWAYS can support you to:

- Improve your general wellbeing
- Help you to build on your strengths and values
- Teach you how to manage stress and anxiety.

You are invited to attend our **Information and Registration** Session.

When: **Wednesday 4th March at 10:00 am**

Where: **Mental Health Family and Friends**

Tasmania

2 Terry Street, Glenorchy

This is a free program beginning 11th March for people aged over 18.

If you require further information prior to this date,

please contact

Maike or Shelley on 6169 0600

wellways