



Dragonfly...

'embracing the harmony and gift of life'

IS THIS WHAT YOU HAVE BEEN WAITING FOR?

The two day Dragonfly health and wellness retreat is offered to women living and working in rural and remote areas of QLD who have faced many challenges, experienced the loss of loved ones and/or the impact of destructive climatic conditions.

All expenses paid from the moment you arrive on Friday to Sunday after lunch.

This retreat will provide time for us to:

- ✓ gather with like-minded women,
- ✓ hover gently around the importance of caring for self,
- ✓ gain knowledge in an environment of learning and companionship,
- ✓ relax, reflect and be refreshed.



Come, let us travel together on the spectacular wings of the dragonfly as we explore, discover and embrace the harmony and gift of life.

Dates: **FRIDAY 23 September 2011**
Registration from 2.30pm – 4pm
Concludes Sunday 25 September by 2pm

Venue: **JAMES BYRNE CENTRE,**
60 James Byrne Road,
Highfields, QLD 4352

Register by: **Thursday 15 September 2011**
Only 30 places available
Complete the registration form and return to ...

All inquiries: **Sr. Christine Henry**
Downs & West Community Support Coordinator
411 Main Street, Kangaroo Point, QLD 4169
E: christine.henry@mtolivet.org.au
P: 07 3891 9431 M: 0414324682



**Downs & West
Community Support**

Continuing the Mission of the Sisters of Charity

Topics:

- Women's health
- Family health
- Health and Humour
- Healthy eating
- Health check

Optional – onsite

- Pap smear
- Mammogram

Relaxation therapies:

- Facial and foot soaks
- Massage & Reflexology
- Meditation/quiet time
- Manicure & pedicure
- Tai chi & Yoga
- Evening Entertainment

Need to know:

- Dress casual, comfortable
- Single rooms
- Shared amenities
- Car parking available



brought to you by...

