



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 on the land who have experienced the loss of loved ones and/or the impact of drought and other 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 18 June 2010**
Registration from 4pm – 5.45pm
Concludes Sunday 20 June after lunch

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

Register by: **WEDNESDAY 12 May 2010**
Only 30 places available
Complete the registration form and return to ...

All inquiries: **Sr. Christine Henry**
Downs and West Drought Appeal Coordinator
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brought to you by...



**Downs & West
Drought Appeal**

Continuing the Mission of the Sisters of Charity



Topics:

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

Relaxation therapies:

- Facial and foot soaks
- Massage
- Meditation/quiet time
- Manicure
- Pap smear, optional
- Reflexology
- Tai chi
- Yoga

Need to know:

- Dress casual, comfortable & warm
- Bring a pair of socks
- Bring a hand towel
- Single rooms with shared amenities
- Car parking available

