



# 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 in rural and remote areas of the Western Downs and South West Queensland who have experienced the impact of destructive climatic conditions, in particular the recent flooding.

All expenses paid from the moment you arrive on Friday to Sunday after lunch including some travel to and from the event.

*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 25 May 2012**  
Registration from 2.30pm – 4pm  
Concludes Sunday 27 May by 2pm

**Register by: Monday 2 April, 2012**  
Only 60 places available  
Please enquire about eligibility

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

**All inquiries: Sr. Christine Henry**  
Downs & West Community Support Coordinator  
411 Main Street, Kangaroo Point, QLD 4169  
E: christine.henry@mtolivet.org.au  
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### 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
- Shared & Single rooms
- Shared amenities
- Car parking available

Brought to you by...



**Downs & West  
Community Support**

Continuing the Mission of the Sisters of Charity

