

# Dragonfly...

*'embracing the harmony and gift of life'*



## IS THIS WHAT YOU HAVE BEEN WAITING FOR?

The 3 day Dragonfly health and wellness retreat is offered to women living & working on farms in rural areas of Queensland who have 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 including 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.

**C**ome, 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 8 April 2016  
Registration from 1.30pm – 2.30pm  
Concludes Sunday 10 April by 2pm

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

**Register by:** Wednesday 23 March, 2016  
Only 40 places available  
Complete the registration form and return to ...

**All inquiries:** Sr. Christine Henry  
Downs & West Community Support Coordinator  
59/22 Towns Street, Mitchelton QLD 4053  
E: admin@downsandwestcommunitysupport.org  
P: 07 3355 9868 M: 0414324682

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### Topics:

- Women's health
- Self-care
- Health check

### Optional – onsite

- Pap smear
- Hearing test
- Mammogram - Offsite

### Relaxation therapies:

- Facial
- Massage & Reflexology
- Meditation/quiet time
- Manicure
- Yoga and Laughter Yoga
- Reiki
- 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



TELEPHONE SUPPORT FOR RURAL COMMUNITIES

