

# INVITATION



# 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 drought, floods or fires.

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

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 9 November 2018  
Registration from 1.30pm – 2.30pm  
Concludes Sunday 11 November by 12pm

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

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**Downs & West  
Community Support**  
a ministry of Sisters of Charity Community Care Ltd  
ABN: 39 093 448 410

**Register by: Monday 15 October 2018**  
Only 35 places available  
Complete the registration form and return to ...

**All inquiries: Sr. Christine Henry**  
Downs & West Community Support Coordinator  
3/62 Rogers Parade West, Everton Park QLD 4053  
E: [admin@downsandwestcommunitysupport.org](mailto:admin@downsandwestcommunitysupport.org)  
P: 07 3353 0277 M: 0414 324 682

**Proudly supported by:**



### Mini medical:

- Health check
- Hearing test
- AUSDRISK
- DASS 21 assessment

### Optional:

- Pap smear - Onsite
- Mammogram - Offsite

### Relaxation therapies:

- Massage & Reflexology
- Meditation/quiet time
- Yoga
- Reiki
- Evening Entertainment

### Need to know:

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

