



# 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 health issues, 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, creativity 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 20 September 2019  
Registration from 1.30pm – 2.00pm  
Concludes Sunday 22 September after lunch

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

**Register by:** 15 August 2019  
Only 35 places available  
Complete the registration form. Return to ...  
E: [admin@downsandwestcommunitysupport.org](mailto:admin@downsandwestcommunitysupport.org)

**All inquiries:** Sr. Christine Henry  
Downs & West Community Support Coordinator  
M: 0414 324 682

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**FRRR**

Foundation for Rural  
& Regional Renewal

### Mini medical:

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

### Offered:

- Pap smear - Onsite
- Mammogram - Offsite  
booking for Friday 12pm

### Choice of therapies:

- Massage, Reflexology
- Reiki, Beauty

### Also includes:

- Meditation/quiet time
- Yoga
- Creative workshops
- Evening Entertainment

### Need to know:

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

