

31ST OCTOBER WELLBEING DAY FOR LEISURE PROFESSIONALS

Come along to a wellbeing workshop for Leisure professionals hosted by Northern Sydney Institute Meadowbank Tafe Diploma Leisure and Health students. We will be focusing on how we can improve your mental and physical wellbeing , avoid burnout and share activity ideas with other like minded professionals.



R.S.V.P 28/10/2014

diplomawellbeing@gmail.com with your name, contact number, organisation name and payment reference number.

Please include dietary requirements you may have and if you require parking .

Payment details BSB: 082-289 Acc: 395594981

If you have any questions address them to diplomawellbeing@gmail.com
NO REFUND for cancellations

Improve mental and physical wellbeing

Guest speaker's focusing on physical and mental wellbeing

Free goody bag full of wellbeing Goodies

Great opportunity to network with other Leisure Professionals

Meadowbank Tafe

K BLOCK room K3.30
Cost : \$15pp includes morning tea and goody bag

When :Friday October 31st
Time:9am-12:30pm

FREE PARKING AVAILIABLE