

HEALTHY MIND HAPPY BODY

Explore the mind-body connection at workshops presented by Health Psychologist Jenifer Skues.

- **Discover how to rewire your brain**
- **Learn how to help your brain work smarter**
- **Understand which foods affects your moods**
- **The mind-body connection at work**



Photo credit: Kevin Maevisky – Sky Media

Jenifer Skues is a professional Health Psychologist committed to raising community awareness about the importance of physical, mental and emotional well-being. Her presentations are informative and enjoyable making these workshops a pleasure to attend. Plan to come and be inspired by the exciting and practical information about our amazing mind-body connection that Jenifer will be sharing at the workshops.

Venue: Steps to Life, 15 Industrial Park Dr., Lilydale 3140
Dates: Sunday, 12th April, 10am - 3pm
Registration Fee: \$24 - Free optional lunch provided, indicate on registration
Bookings Essential: 9739 4093 RSVP by 7th April
Cancellation: No refund given unless notified by 7th April
Website: www.steps.org.au