

FREE WORKSHOP

For people who wish to improve and/or maintain their mental health and wellbeing

Wellways to Health

Is life hard at the moment? Are you feeling stressed, anxious or low?

Sometimes life throws us some challenges we don't know how to deal with. This program is for people aged 18 years and over, and aims to assist you in improving your individual wellbeing and build on your strengths and values to help you manage your life.

Together we will work towards achieving your optimal health.

Wellways Australia Limited

✉ tasmania@wellways.org

📘 [/wellwaysau](https://www.wellwaysau.com.au)

Burnie (NW): 03 6419 7010

Launceston (North): 03 6333 3111

Hobart (South): 03 6169 0600

[wellways.org](https://www.wellways.org)

This program is supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program.

**FREE
workshops**

**Every Friday
for 8 weeks**

Starting 18th May

10am-11am

If you would like to know more, come along to the

Info Session

Friday 4th May, 10-11am

**East Devonport Community House
106 David Street**



**East Devonport
COMMUNITY HOUSE**

A Crown Initiative