

Welcome to
The Art Of Emotional Health
Creative Ways to Let Go, Laugh More & Relax!

ONE DAY COURSE
Friday 22nd October
Brisbane
9.00 am - 5.00 pm



This is going to be an AWESOME day filled with excellent information, experiential learning and stimulating interaction! Make sure you bring a pen and paper and anything else you need to be absolutely comfortable.

Registration 8.30 am

Address Ground Floor
Latrobe Health Centre
108 Latrobe Terrace (cnr Elena St and Latrobe Tce)
Paddington

Parking street parking is available for free on Morris St, Warmington St, Stafford St and Elena St - you may need to park then walk to the venue as it gets quite busy. Alternatively, you can pay and park all day in the Woolworths undercover car park just opposite the Latrobe Health Centre. Parking directly on Latrobe Tce itself is also possible (however there is a 2 hour time limit and it can get a bit annoying having to keep an eye on the time to move your car!)

Lunch lunch is not provided on this one day course however there will be a range of healthy snacks and refreshments available for you throughout the day. You can either bring your own delectable munchies or there are several cafes within easy walking distance for food of your choice

Contact If you need to get hold of us on the day, contact Susan directly on 0457 835 009



I'm looking forward to seeing you soon!

Susan Living :)

www.susansfoodforthought.com