

## Petrea King, *Quest for Life Foundation*

Petrea is a well-known author, counsellor, inspirational speaker and workshop leader to over 70,000 people.

# HEALTH & HAPPINESS

## Workshops

Our communities are generally resilient however the challenges of long term drought and the effects of illness, financial stress and strained relationships can wear our resilience thin.

We can:

- ✓ manage our feelings more effectively
- ✓ respond rather than react to life's challenges
- ✓ build more resilience within ourselves and our families
- ✓ improve our communication within relationships
- ✓ access our inner resources and innate wisdom to achieve mental, physical and spiritual health

**Attend either Day 1, Day 2, or if possible, Both Days**

Registration: 9:00am, Workshop: 9:30am - 4:00pm

Cost: \$30 per day, \$20 Concession (includes morning tea & lunch)

**Booking is essential because of catering requirements**



### DAY 1

explores how the patterns of our past influence how we live in the present. It includes a session on meditation and mindfulness and the keys to peace of mind.

### DAY 2

applies the principles of Day 1 more deeply, exploring what triggers cause us to react, leading us to understand how we can actively change our life for the better. It includes meditation.

### KYNETON

Day 1 Workshop on Mon Oct 5th

Venue: Kyneton Bowling Club,  
81 Mollison Street

Bookings: Macedon Ranges Shire  
Council, Customer Service Centres  
(Kyneton, Gisborne, Woodend,  
Romsey) or 1300 888 802

### ECHUCA

Day 1 Workshop on Thur Oct 8th

Venue: Rich River Golf Club Resort,  
24 Lane, Moama

Bookings: Echuca Neighbourhood  
House, 261 High St Echuca  
or 5482 6914

Presented in partnership with  
Echuca Neighbourhood House

### BENDIGO

Day 1 Workshop on Fri Oct 9th

Day 2 Workshop on Sat Oct 10th

Venue: The Conservatory,  
All Seasons Quality Resort,  
171 Mclvor Road

Bookings: The Box Office at The  
Capital, 50 View St or 5434 6100

### KERANG

Day 1 Workshop on Wed Oct 14th

Venue: Kerang Valley Resort,  
76 Murray Valley Highway

Bookings: Gannawarra Shire  
Council, Kerang and Cohuna  
Customer Service Centres  
or 5450 9333

### SWAN HILL

Day 1 Workshop on Fri Oct 16th

Venue: The Grain Shed Conference  
Centre, 2-8 King Street

Bookings: Swan Hill Region  
Information Centre, Cnr McCrae  
& Curlewis Sts or 5036 2444

### MILDURA

Day 1 Workshop on Sun Oct 18th

Day 2 Workshop on Mon Oct 19th

Venue: Quality Hotel Mildura  
Grand, Seventh Street

Bookings: Mildura Arts Centre, 199  
Cureton Ave or 5018 8330

These workshops are brought to the Loddon Mallee Region by LMICS and associated partners. Enquiries 0413 05 7879