

Your Life Matters Regional & Rural Workshops

SUPPORTED BY

Bega Valley Shire Council



**Join Quest for Life to learn practical tools & strategies for living well
and building resilience in challenging times**

Australians living in regional and rural communities are some of the most resilient people on earth. But the ability to weather the challenges of life may come at a price. Many families are emotionally 'tough' and find it difficult to reach out and ask for help.

If your financial, mental and emotional resources are depleted, join us for a workshop to strengthen your resilience and learn practical tools, strategies and skills to live well in challenging circumstances.

DATE

Tuesday 29 March 2022 9.30am-3.00pm

VENUE

Tathra Hall - Bega Street Tathra

COST

NO CHARGE - Fully subsidised - BYO lunch & drinks

BOOKINGS ESSENTIAL

Register at Bega Valley Bushfire Recovery Support Service

Email: recovery@begavalley.nsw.gov.au

Call: 02 6499 2345

"The greatest gift you can give yourself, your children, your family and your community is the gift of your own good physical, mental, emotional and spiritual wellbeing".

- Petrea King



Margie Braunstein - Senior Facilitator

The Quest for Life Foundation is a not for profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.

questforlife.org.au/workshops