

Ways of Overcoming Stress

- Are you juggling family life and work commitments?
- Are you studying for your HSC, university, job qualifications?
- Are you approaching retirement?
- Is life on the land, or life in general, getting you down?

If you answered YES to any of these questions, there might be an answer.



Don Anderson will be presenting a practical and entertaining talk on ways we can improve our peace and happiness while living a busy lifestyle in today's hectic world. During this session you can learn to combine a new perspective on life with meditation and mindfulness which can enable you to reduce stress and create a peaceful and relaxed mind.

Don has been a presenter on these topics for many years.

The talk will be conducted at the Mangrove Mountain Union Church hall (corner of Wisemans Ferry Road and Bloodtree Road, Mangrove Mountain) on Tuesday 19th April, 2016 from 7:00 pm to 8:30 pm.

Everyone is welcome to attend. A light supper will be provided at the conclusion of the session.

Admission is by donation at the door.

Media Release

Mangrove Mountain Union Church Committee

<http://www.mmuchurch.org.au/>