



CQ Rural Health and the Central Highlands Mental Health and Wellbeing Hub invite you to ...

The Wheel of Wellbeing Workshop

A FREE 6 Hour, interactive & fun program to live happier, healthier & flourish

- **Explore** key concepts of positive psychology & how you can use them everyday
- **Learn** about the Wheel of Wellbeing framework (WoW for short)
- **Discover** the simple everyday things you can do to help yourself flourish
- **Try out** some practical tools aimed at helping you be happier & healthier
- **Experiment** by sharing ideas and learning with others



I enjoyed the talk on happiness; on what makes us happy and how we value the order of these - Biloela WoW Participant
The research: Key concepts of positive psychology - Biloela WoW Participant
It makes you think about what makes you happy and enforce it with family and community - Biloela WoW Participant
Connect planet, it reminds us of our responsibility to the environments - Biloela WoW Participant
The wonderful interaction with the group discussions activities - the diversity of opinions - Biloela WoW Participant
Really enjoyed portrait and thank you/ grateful sessions - Biloela WoW Participant

WHEN

Saturday 25 May, 2019. 10am – 4pm

WHERE

Community Resource Centre, 102 Rainbow Street, Biloela

DETAILS

FREE. Lunch Provided. Open to all Banana Shire residents

Further info or to book a place

Free Registrations close 23 May. To register call Angie on 49921040 or email angie.horchner@cqrdgp.com.au
[CLICK HERE TO REGISTER 25.05.2019](#)

