



Drought resilience morning tea



North East Downs Landcare invites you to bring a friend and join us to enjoy a yummy morning tea as well as some stimulating conversation. On Saturday 15th

October 2016 at 9.30am in the lounge /bar area of the Oakey Cultural Centre on the corner of Campbell and McDonald Streets

Drought effects everyone and this morning tea is an opportunity for women to meet, relax and enjoy each others company



Guest speaker Viki Thondley – Mind-Body Wellness Therapist Viki will present a fun interactive talk on effective stress management techniques and mind-body relaxation tools to help you build emotional resilience

RSVP to Graham by 10th October

Email: committee@nedlandcare.org.au

Mobile: 0429 328 681 or Phone: 4692 2131

If you have any special dietary requirements please let me know

This project has been supported by Toowoomba Regional Council and funded by the Queensland Government

