

# Self Care Matters

Tuesday 13<sup>th</sup> June 2017 | 9:30am to 2:00pm

**How do we give compassionate care to others, when we feel weary ourselves?**



In this nourishing and uplifting workshop, participants will be exploring the **importance of self care and the elements that create resilience and peace** for those experiencing the physical and emotional challenges that inevitably arise within daily life. Our facilitator will provide an opportunity for participants to reflect and replenish and leave motivated to make resilience and self-care a foundation for living.

## The Benefits

Participants will learn how to;

- Build resilience in the face of challenging circumstances
- Reduce stress and incorporate relaxation into daily life
- Manage emotions, recognise burnout and identify what helps

## Facilitator

Bernadette Arena, a senior facilitator with the Quest for Life Foundation, is passionate about bringing joy and healing to those experiencing life's challenges. For the last 9 years, she has been program facilitator at the Quest for Life Centre. Using the tools of self-care and relaxation, she has helped many to find calm and strength in the face of difficulty.

## Quest for Life Foundation

Founded by Petrea King, the Quest for Life Foundation provides retreats and community based workshops that encourage, educate and empower people with the tools to create emotional resilience and peace of mind. For more information visit [www.questforlife.com.au](http://www.questforlife.com.au)

**Venue:** Hornsby RSL Club | 4 High Street, Hornsby NSW  
**Cost:** \$25.00 per person | Morning Tea, Lunch and refreshments provided  
**RSVP:** Monday 5<sup>th</sup> June 2017  
Contact [info@rainbowclubaust.com.au](mailto:info@rainbowclubaust.com.au) to book your place.

Presented by Rainbow Club Australia

