



Take Charge of your Life

2 x two hour workshops

Take Charge of Your Life is a free two part interactive workshop that will give you skills and strategies to make healthy changes to enhance your relationships, your life and overall wellbeing.

Date: Mondays 19th & 26th February

Time: 9:30am - 12:00pm

Where: Woodberry Family Centre

11 Lawson Ave Woodberry

Opposite Francis Greenway High School

To Register please phone Maitland Family Support

Ph: 4914 0444

