

HEALTHY HABITS

Introduction to Mindfulness



The next FREE 6-week Healthy Habits online program is an Introduction to Mindfulness course, starting from 5 June 2017.

The course will cover the science behind mindfulness, benefits of regular practice, and easy-to-follow ways to fit mindfulness into your everyday life.

The course includes:

- 6 weeks of introduction to the foundations of mindfulness
- Tips for leading a more mindful life
- Ways to reduce stress and introduce more “presence” to your life
- Using mindfulness to observe your conditioned (automatic) reactions and responses
- How to use mindfulness to stop judging yourself and your actions
- Includes new practices and lessons each week
- Plus links and tools to help keep you on track

At the beginning of the course you'll receive an online health check, followed by regular emails with fun challenges, and blogs, videos and podcasts from professionals across the country to help you start and build your mindfulness meditation practice.

For each blog you read, podcast you listen to, video you watch, and mindfulness meditation practice you try, you'll earn points to go into the draw to win a Healthy & Active pack valued at \$250!

To enrol as a course participant contact Council 131 872 or change@tr.qld.gov.au

Or to find out more register to attend the info session via the below Eventbrite website link:

Register Link: <https://healthyhabitsmindfulnessmeditation.eventbrite.com.au>

Information Session

When: Monday 15 May 2017, 9:30am – 10:30 am

Where: Toowoomba Library, Cnr of Herries & Victoria Sts

