

# Need a pick me up?



**HOLMESGLEN**  
INSTITUTE OF TAFE

# Health and Wellbeing Seminar

Do you find it difficult to balance work and relaxation? Is your body and mind telling you it needs a little TLC? Then don't miss our Free Health and Wellbeing Seminar where you'll discover how to look after the most precious asset you own - yourself!

## Hear specialist advice on:

- **creating healthy environments**
- **the benefits of massage**
- **maintaining a healthy mind**
- **women's health**

There will be an opportunity to meet with the speakers, including Building Biologist Alison Wilson, (whose article on creating a healthy home recently appeared in Living Now magazine) and a representative from the Jean Hailes Foundation for Women's Health. Be sure to register early to avoid disappointment!

**Thursday 23 October**  
**6-9pm**  
**Building 2, Level 2, Room 2.21**  
**Batesford Rd, Chadstone**

**Register on 9564 1546**

**FREE**



[www.shortcourses.holmesglen.vic.edu.au](http://www.shortcourses.holmesglen.vic.edu.au)