

What's on in August 2022

Tuesday	Wednesday
2 August 10.30am - 11.15am Social Walk 11.30am - 12.30pm Mid-year reflections 1.00pm - 2.00pm Qigong	3 August 10.00am - 10.45am Yoga (BYO pillow & blanket) 11.00am - 11.45am Mindfulness (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
9 August 10.30am - 11.15am Social Walk 11.30am - 12.30pm Gardening Group 1.00pm - 2.00pm Qigong	10 August 10.00am - 10.45am Yoga (BYO pillow & blanket) 11.00am - 11.45am Mindfulness (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
16 August 10.30am - 11.15am Social Walk 11.00am - 1.00pm Quiet refection time: drop in session 1.00pm - 2.00pm Qigong	17 August 10.00am - 10.45am Yoga (BYO pillow & blanket) 11.00am - 11.45am Mindfulness (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
23 August 10.30am - 11.15am Social Walk 11.00am - 1.00pm Quiet refection time: drop in session 1.00pm - 2.00pm Qigong	24 August 10.00am - 10.45am Yoga (BYO pillow & blanket) 11.00am - 11.45am Mindfulness (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
30 August 10.30am - 11.15am Social Walk 11.00am - 1.00pm Quiet refection time: drop in session 1.00pm - 2.00pm Qigong	31 August 10.00am - 10.45am Yoga (BYO pillow & blanket) 11.00am - 11.45am Mindfulness (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections

Bookings essential: <https://smct.org.au/ccwevents> or contact the Centre on (03) 8772 6111 or email care@smct.com.au
 The Centre for Care and Wellbeing is located at Third Drive, Springvale Botanical Cemetery, 600 Princes Highway, Springvale