



8:30AM - 9:30AM **WALK AND TALK**

We all know that getting out for a walk makes us feel better, the outcomes are even better when we walk with company.

Join Centacare FNQ Mental Health and Wellbeing team for a walk through the Botanic Gardens and surrounds. Connect with nature, self and others. (Low impact, low level fitness required, some steps and uneven paths)

10:00AM - 11:00AM **MOVE FOR HEALTH & HAPPINESS**

Dance is for everyone! Moving develops our creativity, flexibility and balance and it boosts our happy hormones. This introductory level workshop is suitable for all abilities, ages and genders. Dress comfortably, bring a water bottle and your curiosity.

11:30AM - 12:30PM **DRUMMING CIRCLE**

Drumming combines rhythmic music and movement with cognitive reflection and mindfulness. Rhythmic music is particularly useful because it is among the most accessible forms of music, making it ideal for everyone! BYO drums if you have them.

Saturday **10 MAY 2025**

1:00PM - 2:00PM **CONNECTION TO SELF WITH SOUND MEDITATION**

Experience the calming power of sound and guided meditation to regulate emotions, ease stress, and deepen self-awareness. This session uses sound resonance and a gentle body scan to promote relaxation, mental clarity, and emotional balance. Suitable for all experience levels, it offers a peaceful space to unwind and reconnect. Please bring a yoga mat; pillows, blankets, or eye masks are optional for added comfort.

2:30PM - 4:00PM **SELF-DEFENSE FOR EVERYDAY CONFIDENCE**

Reclaim your confidence and strength in this empowering self-defense session. Learn practical techniques to enhance awareness, set boundaries, and respond effectively to threats. This workshop covers the fundamentals of self-protection, including verbal de-escalation, basic defense moves, and strategies to manage fear. Open to all fitness levels, this session equips you with skills to feel safer and more empowered in daily life.

centacare
MAKING A DIFFERENCE FNQ

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