

Flourish and Partners in Recovery invite you to a forum entitled:

Recovery from Mental Ill-Health: The importance of self care and physical health

Join us to hear speakers from Flourish, MI Fellowship and Active Tasmania as they talk about recovery from mental ill-health. You will hear a personal story of recovery, learn about the importance of self care and how looking after your physical health can affect mental wellbeing. MI Fellowship's Optimal Health Program and Active Tasmania's activities in Launceston will also be showcased.

Date: Tuesday 22 March 2016

Time: 11.30am – 1.30pm

Where: Salvation Army,
111 Elizabeth St, Launceston

Cost: Free!

Lunch: A healthy lunch will be provided, gluten free and vegetarian options will be available - please advise when RSVP'ing if there are any other dietary requirements.

Who for?: Anyone with an interest in mental health and wellbeing, consumers, carers, and others.

RSVP: To Rebecca at Partners in Recovery Phone 6333 3078
or email: rebeccai@anglicare-tas.org.au by 15 March

