



FREE Women's class
Mandala Design
6-week Art & mindfulness Program
Wednesdays 10am-12pm
18th March-22nd April

Wide Bay Women's Health centre Truro St.

Discover the beauty of mandala art while exploring its powerful mindfulness benefits. This engaging and enriching course offers a step-by-step guide to creating your own stunning mandala designs. Unleash your creativity, boost your well-being, and embrace the magic of this timeless art form.

To reserve your spot please call
Wide Bay Women's Health on...
(07) 4125 5788



*Wide Bay Women's
Health Centre Inc.*

