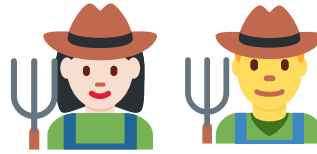


CALMER FARMER

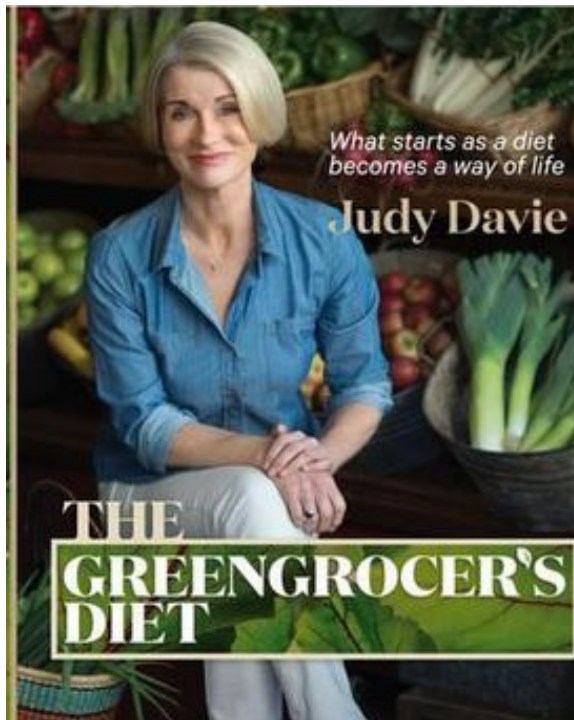


Road Show



SELF CARE, NUTRITION & MINDFULNESS

Learn from high profile experts and enjoy an informative, interactive and fun evening. Farmers and community members welcome.



FOOD COACH: JUDY DAVIE

Narelle Hunter



MINDFULNESS SPECIALIST

Stockinbingal: Monday 10th Sept
Tarcutta: Tuesday 11th Sept
Lockhart: Wednesday 12th Sept
Hay: Thursday 13th Sept

Bowling Club 6-8:30pm
RSL Club 6-8:30pm
Ex-Service Club 6-8:30pm
RSL Club 6-8:30pm

BRING: Comfy clothes, mat or towel, cushion and blanket
CONTACT: Ginny@activefarmers.com.au 0439 343925

COST: \$15 Inc. light refreshments
REGISTER: Eventbrite