

Wellness Services

Healthy Me / Mindfulness / Wellness Toolkit



**Mental Health
and Wellbeing**



**Education and
Learning**



**Physical Health
and Wellbeing**



Social Support

Where

Healthy Me, Mindfulness and Wellness Toolkit short courses are held in various areas of metro Adelaide (assistance with transport can be arranged).

When

The groups meet weekly, on different days and times, depending on the location.

Cost

Funded through:

/ Commonwealth Home Support Programme, or

/ Home Care Package funds, or

/ our Elevate private services program

Contact us for details.

Our short courses are an ideal way to engage in lifelong learning!

Experience personal growth on subjects that will benefit mind and body during one of the following 8-week courses.

/ Healthy Me discusses healthy ageing strategies for physical and mental wellbeing.

/ Mindfulness provides an introduction to mindfulness, including techniques and benefits.

/ Wellness Toolkit gives you practical information and skills from a range of health care specialists over a ten week period.

Contact our Social Work team to find out more about starting a short course.

Phone: 1300 653 600

Email: mcsclientsupport@helpinghand.org.au

www.helpinghand.org.au



Helping Hand
new aged care