

YOU ARE INVITED!

**Seniors' Week
Conversation Breakfast**



***Mindfulness as a way of life
in our senior years***

Presenter: Patricia Morris

Wednesday October 7, 9.30 – 11.30am

Kildara Centre, Rear 39 Stanhope Street, Malvern

Cost: \$10



An enjoyable breakfast, for seniors,
with a guest speaker & a simple ritual
to celebrate being the elders of the tribe

BOOKINGS ESSENTIAL

Contact Catriona 9509 7906
or email: kildara@netspace.net.au