

HealthWISE presents

Regrowth

**Have you been affected
by the bushfires?**

Welcoming those who have been affected by the bushfires of 2019/20 to join us as we meet over morning tea and lunch together.

Our day will include

- How to cope with anxiety and stress
- Rural Fire Service experienced front line service presentation
- A collective project of 'putting the pieces together'
- A talk on how we can prepare emotionally when there is the threat of disaster
- The availability of financial assistance counsellors
- Free health checks by HealthWISE nurses
- Other service providers to provide support

Where: **Guyra Bowling & Recreation Club,
192 Bradley Street, Guyra**

Date: **Wednesday 20th April**

Time: **9.30am - 2.00pm**

Cost: **Free**

This event will have
a Covid Safe Plan.



RSVP Register online:

www.eventbrite.com

For further information contact
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