

Meditation-based Wellness & Compassion Training ♥

Time to look after yourself ...



Release stress



Recharge

Clear & Calm

Research has found that meditation can improve mental and physical wellbeing, performance and relationships (Davidson & Goleman 2018).

WHEN & WHERE:

Balmain Hospital – Alternate Mondays 230pm & Fridays 1pm Conf. Centre (Sybille Morelli 93952111)

RPAH – Tuesdays 3pm RL Harris Room, Kerry Packer Bldg. (Maureen Policarpio 0436 678 291)

Croydon – Wednesdays (1st and 5th of the month). Contact Gloria Pavey on 0425306722 for details.

Canterbury Hospital – Wed 1pm or 2pm Conference Room (near library) (Glen Wiseman 9787 0487)

Concord Hospital – Thursdays 230pm Conference Room (opp. newsagency) (Sue Taggart 0418446475)

Dental Hospital - Alternate Tuesdays and Wednesdays 330pm Level 9 (Nickolas Yu 0413075366)

Concord Mental Health – Wednesdays 2pm, Riverside Activity Centre (Jackie Marr 0401629380).

WHO: All staff welcome to attend any of these free, casual drop-in sessions

More information: Nickolas.yu@health.nsw.gov.au or 0413075366
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