



# Self-Empowerment and Healing Support Group

*Facilitated by Sandra Maqueda (Social worker and Executive Director of  
the Cancer and Natural Therapy Foundation)*

**Every Thursday  
from 10-11.30 am**

*at the Neighborhood House and Community Centre,  
531 Elizabeth Dve, Sunbury*

**Meditation and Group discussion**

**MIND /BODY CONNECTION**

- Exploring thoughts, feelings and attitudes
- Obstacles to healing
- Self-esteem
- Self-help skills
- General well-being

Cost: \$8.00 (\$5.00 members)

For enquiries, contact Sandra on 9740 9921  
(Mon/Wed/Fri) or mobile on 0411 100 947)