

# Health Awareness Support Group

- promoting well-being and self healing  
every

Tuesday night (7.30pm) & Thursdays(10.00am)  
at the Cancer and Natural Therapy Foundation,  
Sunbury Leisure Centre (531 Elizabeth Drive )



Meditation  
Reiki Healing  
General Discussion



This support group focuses on the natural approaches to healing with emphasis on Mind / Body interrelationship , and self empowerment. Discussions may revolve around, video viewing, practical demonstrations guest speakers and group sharing experiences. This is followed by a brief meditation and reiki healing.

Cost : \$ 5.00 Members Non-Members \$ 10.00

All enquiries to Sandra Taylor-Maqueda on ph 9740 3977  
(Mon/Wed/Fri) or mob 0411 100 947