

HEALTHY MOTHERS HEALTHY FAMILIES©

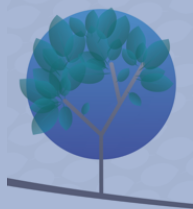
Are you the mother of a child or young person with a disability?

Are you concerned about your own health and well being?

A FREE health & wellness workshop run by Monash University's Department of Occupational Therapy.

Healthy Mothers Healthy Families workshops cover:

- the unique situation of mothers
- research findings about the health of mothers
- learning how to manage and stay strong through empowering yourself and building resilience
- ways to find help and help yourself
- information about mental health, stress, physical activity and healthy lifestyle choices



When: Saturday September 15th OR Saturday December 8th, 9am-4:30pm

Where: CPEC, Beacon Street, Glen Waverley 3150

PLACES LIMITED. REGISTRATION ESSENTIAL.

Please click [HERE](https://cpec.org.au/services/onsite-training/healthy-mothers-healthy-families/) <https://cpec.org.au/services/onsite-training/healthy-mothers-healthy-families/> to register online or contact helen.bourke-taylor@monash.edu