

# EMPOWERING YOUTH TO WELLNESS WORKSHOP

Join us for a **FREE** wellness workshop designed to help young people explore creativity, mindfulness, and connection.



**Thursday, May 1**  
**Clare Sports Club and Function Centre**  
**11.00 AM - 2:30 PM**  
**Registration required – Scan the QR code or**  
**call 08 8562 4000 to register**  
**Open to anyone aged 12-25**  
**(regardless of ability)**



## What is a Wellness Workshop?

A space to learn, explore, and connect through activities that promote relaxation, creativity, and self-awareness.

Join us for a hands-on experience designed to enhance well-being and mindfulness.

## Workshop Activities

### Aromatherapy Spray

Design your own aromatherapy spray using a blend of scents for relaxation and balance.

### Medicine Stick

Create your own medicine stick, a tool to help you connect with nature and rhythm.

### Drumming Session

Experience the power of rhythm, vibration, and sound in a group setting.

### Sound Healing

Enjoy the tranquil sounds of crystal bowls and chimes for a calming experience.

**Come along, explore wellness, and connect with local service providers in a supportive and creative environment!**

This event is jointly funded by Carers and Disability Link and DHS.

Disclaimer: Participants acknowledge that their participation is voluntary and at their own risk. Carers and Disability Link and its organizers, instructors, and volunteers assume no responsibility or liability.

