

Community Education Workshop with Pauline McKinnon Author of "In Stillness Conquer Fear" and the newly released "Living Calm in a Busy World"

Mind Care

Discover

- * How to reverse a stressful and anxious life
- * How to be more creative and productive with less effort
- * How to find and maintain energy and zest for life
- * Why mental care is as important as dental care
- * How cortisol holds the key to our physical and mental health

Who should attend:

- * Anyone who wants to reduce everyday stress
- * Anxiety sufferers & their families - including sufferers of panic attacks & phobias
- * Mental health professionals, general practitioners & paramedic professionals
- * Executives, management consultants, managers
- * Parents, teachers & students
- * Anyone who is interested in preventative health care

Date:	Thursday 12 July 2012
Time:	6.30 - 8.30pm
Venue:	Box Hill Community Arts Centre 470 Station Street, Box Hill
Cost:	\$60pp (Student/Pensioner \$50) payment required at time of booking; not refundable
To register:	Please call 9817 2933 - bookings are essential

Through Stillness Meditation Therapy (SMT), this workshop offers a way to calmness, that is lacking from our busy lives. It is an introduction to a simple and natural life skill that reduces stress and anxiety and can be practised anywhere by anyone. Pauline McKinnon is a psychotherapist, family therapist and leader in the field of meditation teaching. She has over 30 years personal and professional experience in the treatment of anxiety. Pauline pioneered today's public awareness of anxiety disorders after publishing her own story of recovery, "In Stillness Conquer Fear". Acknowledged by Dr Ainslie Meares as an exponent of Stillness Meditation Therapy, she established her practice in 1983 and has assisted countless of people since to find relief from stress and anxiety. She recently published "Living Calm in a busy World", a contemporary commentary on Dr Meares' work and a practical guide to understanding SMT

