Festival of Learning Showcase

Facilitator(s): Ms Judi Ainsworth, Counsellor, University Counselling and Disability Services

Strategic theme: Equipping graduates

Subject Title: Relaxation session

Contact Details: Melanie Turner x 7850 m.turner@curtin.edu.au

Brief Description:

Stress and worry can lead to physical tension in the body as well as physical and emotional unwellness. Come along and enjoy.

Benefits:

Relaxation increases wellbeing and helps us to manage stress. This will contribute to a healthy study-work-life balance.

Time/Day: 18 March 2015, 12:00 – 1:00pm

Duration: 1 hour

No. of Sessions: One

Venue: Counselling Service, Building 109

Special Requirements: No special requirements needed