



Mindfulness for Anxiety

5 Week Group Program

Presented by Dr Craig Hassed

Commencing Tuesday February 13th 2018

Dr Craig Hassed: Craig is a general practitioner and Senior Lecturer in the Monash University Department of General Practice. He has been instrumental in introducing various innovations into medical education and practice with an emphasis on the application of holistic, integrative and mind-body practice.

This program is an introduction to the practice of mindfulness to help reduce stress and manage anxiety.

Dates: **5 Sessions:** February 13, 20 & 27, March 6 & 13

Time: 6.00pm – 7.30pm

Venue: ARCVic, 292 Canterbury Road, Surrey Hills

Fee: \$250.00 (Medicare rebates do not apply)

Cost includes a copy of Craig's book 'Know Thyself'

For further information or to register contact the ARCVic Office – 9830 0566
or OCD & Anxiety Helpline – 9830 0533 / 1300 269 438

email - arcmail@arcvic.org.au **web:** www.arcvic.org.au