



**FREE
EVENT!**

GREASE & OIL CHANGE 2019

A brain and body workshop for rural men and women

Trundle

THURSDAY 21ST FEBRUARY 2019

AT THE TRUNDLE GOLF CLUB

FROM 9.00AM

Corinella / Bedgerabong

FRIDAY 22ND FEBRUARY 2019

AT THE OLD CORINELLA SCHOOL

FROM 9.00AM

Join us to hear inspiring speakers share their personal stories, as well as learn new tips and tricks to keep your motor humming along.

Dennis Hoiberg | Lessons Learnt Consulting: Personal Development Focusing on Individual Resilience
Thriving Through Change

Dr Jo Braid | Braid Health: Rehabilitation Medicine and Functional Medicine
Reaching Your Optimal Health Potential

Steve Matthews | Riverina Bluebell: Promoting awareness of good mental health
Overcoming The Stigma of Mental Health

Plus a range of practical workshops including fun physical exercise, mindfulness, the latest apps, the latest support, farm safety and more.

For catering purposes, please register by **Monday 18th February** either via Eventbrite: just search 'Grease and Oil Change', Cherie on 0411057745 or email cheriequade@hotmail.com

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- AND -

Rob and Annette Collier, Marie Clayton, Patsy
Howie, Adele Williams, Debbie and Robert
Stephenson, Eileen Quade, G and M Burton
*And numerous donations from those
who wish to remain anonymous.*