

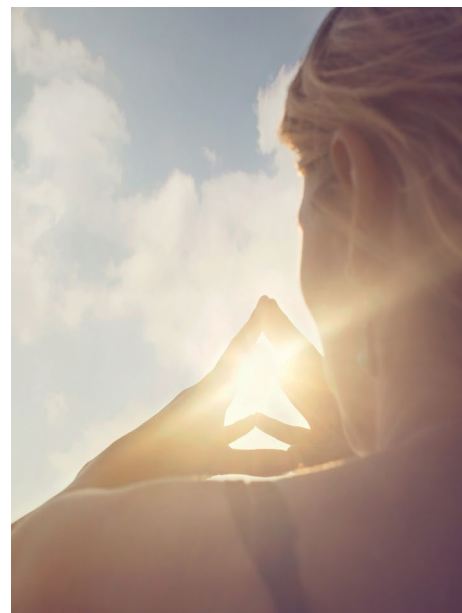
Hogan  
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# Mindfulness for Well-being

livewell workhealthy restorebalance

# Practice **mindfulness** and **restore balance** in your life to **nourish** your health.



## Mindfulness

### Mind & body practices

- Create mindful lifestyle habits
- Manage worry & anxiety
- Rewire your brain for happiness
- Practice meditation & relaxation
- Cultivate compassion & gratitude

## Tai Chi

### Movement for health

- Move with calm and ease
- Improve balance skills
- Increase internal energy flow
- Develop muscle strength & endurance
- Enhance breathing & postural awareness

## Well-being

### Health & well-being seminars

- Manage your response to stress
- Cultivate positive mind-sets
- Develop emotional resilience
- Focus your attention
- Choose a healthy lifestyle

live**well** work**healthy** restore**balance**

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