

March - Social Connections

Get Connected

This month our focus is social connections. Social connections are an important part of feeling part of a community, and creating a sense of purpose.

Social connections can mean reaching out to friends, family and community networks both in person and virtually.

Strong social networks and connections contribute to emotional well-being and reduce feelings of isolation, but they can also provide opportunities for shared growth and experiences! Do you know what kind of friend you are? Try out this month's exercise in your wellness calendar! If you haven't already got one, let us know via phone or email and we'll ensure you get one!

International

Women's day Event

Well-Being for Women

Women's Circle

Hosted by Sonja Ott

When!?

Friday the 8th of March

10am—12pm at the Valley Assist
Wellness Space in Finch Hatton

Limited Numbers, please RSVP

Services in the Valley

Wellness in the Valley are available for in person sessions at the Gift Shed Cafe (Finch Hatton) on Saturdays from 9am—3pm.

Book online: www.wellnessinthevalley.org

[Provide a service? Get in touch to promote your wellness services!](#)

What's on in the Pioneer Valley?

March 2nd - 3pm - 10pm Eungella Hall Grass Roots Gathering. Live Music, Meals and Activities for the kids! for Tickets Visit www.hillbillybakehouse.com

March 2nd - 7:30am - Iona West Men's Breakfast - Rhys Bowman a commercial pilot demonstrates drone use for mustering, locating cattle and inspecting fences / troughs
RSVP to: mensbreakfast@ionawest.org.au

10th March - 9am - 12pm - Eungella Hall Markets

23rd March - 4-6pm - Finch Hatton Social Saturday

[Need Advocacy or Assistance Accessing Services?](#)

[Get in touch!](#)

In person: 13 Anzac Parade, Finch Hatton
9am - 2pm Monday - Friday

[Phone:](#)

Luke - 0456 922 492 / Stacy - 0448 212 761

[Email:](#)

ValleyAssist@MackayAdvocacy.com.au

Don't forget to Vote!

March 16th Local Government Elections!

<https://event.elections.qld.gov.au/>

Community Notice Board

If you'd like to have information included in this Community Notice Board, get in touch!

ECDA

Eungella Community Development Association

- Annual General Meeting, including the election of a committee will take place at the Eungella Hall on 21st of March. Nominations for management committee roles must be submitted to the secretary via ECDA@eungella.com.au by the 7th of March. Nominee and nominators must be members of ECDA.
- The Eungella Markets are wanting any locals with produce to bring it to the Eungella Markets! The Market goal is to create a community focused market that stocks a wide range of fruit, veg, meat & bread. Supporting local has never been more important and Michelle wants to bring the community back to it's roots or caring & sharing for & with one another.

Finch Hatton

Big news Finch Hatton! Finch Hatton MTB are stoked to announce that over half the trails at Finch Hatton MTB will be Ready to Ride from Saturday 24 February. This is a great opportunity to roll some tyres on the trails and help pack them down after recent delays due to wet weather. A mix of easy, intermediate, and expert trails will be ready to ride.

These are the first of the Stage 1 trails, with remaining trails expected to be unveiled in the coming weeks. Visitors are advised to observe signage at the site and stay off closed trails.

While we're excited to welcome our first riders, unpredictable weather could lead to closure of the trails at short notice. News of any closures will be made via our social channels.

Facebook Page: Finch Hatton MTB

Earth Side Yoga

Class Timetable

Monday @ Finch Hatton Central - 9am (\$15)	Tuesday @ Finch Hatton Central - 9am (\$15)
Wednesday @ Finch Hatton Central - 9am (\$15)	Thursday @ Finch Hatton Central - 9am (\$15)
Saturday @ Finch Hatton Central - 8:30am (\$5)	Saturday @ Eungella Town Hall - 10:30am (\$15)

Please reserve your place via text: 0431 220 790 or Email: Earthsideyoga@gmail.com
For a detailed timetable visit www.earthsideyoga.com.au