

Reflection - Intention

We're half way through the year!

A half way point is the perfect time to reflect, set intentions and celebrate how far you've come. Take a break from the hustle and bustle of daily life and make space to reflect on the year so far. It's a time for self-assessment, goal setting and acknowledging the progress made on your wellness journey. Here are some questions to get you started!

- **What are you most proud of this year?**
- **What challenges have you overcome?**
- **What are your intentions for the rest of the year?**
- **What areas of your life do you want to focus on?**

What's on in JULY?

6th July - Fox Superflow Market @ Finch Hatton / MBT park.

COMMUNITY EVENT -

THIS FRIDAY!

12th July 10am - Sound, Reiki and Energy Healing with Charlotte Bunyard

Please RSVP via text/email/phone call

NAIDOC Week - Keep the fire burning! Blak, Loud and Proud. Street parade & family fun day at Queens Park from 9am.

14th of July from 9am

Eungella Community Markets @ The Eungella Hub, North St Eungella.

Did you know?

As an Upper Pioneer Valley community member you have access to:

- **Computers with internet**
- **Printing facilities**
- **Wifi**

Accessible Mon—Friday 9am—2pm @ The Finch Hatton Wellness Space

Need Independent Advocacy or Assistance Accessing Services?

Get in touch!

In person: 13 Anzac Parade, Finch Hatton

9am - 2pm Monday - Friday

Phone: 0456 922 492

ValleyAssist@MackayAdvocacy.com.au

Community Notice Board

ECDA - Eungella Community Development Association

Win a brand new 2024 Nissan QASHQAI ST Auto, valued at \$38,366 donated by North Jacklin in The 2024 Great Community Fundraiser! Tickets are available for purchase for another 2 weeks only, from The Chalet, The Criterion Pub & The Finch Hatton Service Station. Money raised from these ticket sales will benefit ECDA.

Community Fundraiser to be held at The Hub, 13 North Street, Eungella on Friday 12th July commencing at 6pm. Meals available for purchase, Movies for the children, Pool Comp, the ongoing Sequence challenge, and BYO Board Games to share and play.

Sunday 14th July, 9am to 1pm Eungella Community Markets at The Hub.

Diverse Stalls, Fresh Produce, Delicious Food. Come along and catch up with friends.

Earth Side Yoga

Class Timetable

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| 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