

Mindfulness Activity

Mindfulness practice allows you to focus on the present moment and observe your thoughts and emotions without being overwhelmed by them. Mindfulness can lead to a greater sense of clarity, calmness, and understanding of your experiences.

Try the below activity to ground yourself.



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

What's on this month?

Friday 2nd - National Aboriginal and Torres Strait Islander Children's Day

Friday 9th - Red Nose Day

Sunday 11th - Eungella Markets

Monday 12th - International Youth Day



Thursday 15th - ECDA Meeting

Thursday 22nd - Daffodil Day

Sunday 25th - Pinnacle Markets

Saturday 31st - Eungella Rock n Roll Hoedown



Did you know?

As a Pioneer Valley community member you have access to:

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

**Monday - Friday, 9am -2pm
@ The Finch Hatton Wellness Space**

Need Independent Advocacy or Assistance Accessing Services?

We are here to help, get in touch!

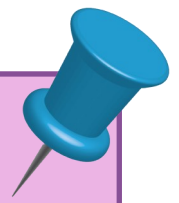
13 Anzac Parade, Finch Hatton

Monday - Friday, 9am - 2pm

0456 922 492

ValleyAssist@MackayAdvocacy.com.au

Community Notice Board



Rock n Roll Hoedown

Eungella Community Hall
5 North Street, Eungella
Saturday 31st August
6pm—10pm

\$10 Members / \$15 Non-Members

BYO Drinks / Plate to Share



Markets

Eungella

Sunday 11th August
9am - 1pm

Marian

Sunday 18th August
8am - 12pm

Pinnacle

Sunday 25th August
10am - 4pm

Finch Hatton

Wellness Grassroots
Saturday 31st August
8am - 3pm

Mobile Library

Gargett

Wednesday 7th & 21st
12:15pm—1:15 pm



Coming soon to Finch Hatton, watch this space!

Women's Circle

August topic: Weaving

Saturday 3rd
10am - 12pm

Finch Hatton Railway Station
Donation to FHPA welcome

Craft Wednesday's

Every Wednesday
10am—1pm

Mackay Advocacy Finch Hatton office

Have a craft you'd like to share?

Contact us!



Earth Side Yoga

Class Timetable

Monday - 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

www.earthsideyoga.com.au