



ABOUT BetterTogether@7: Connect with the Statewide Tasmanian Mindfulness Programs Community on the first morning of every month at 7am, to experience a fresh 20 min mindfulness practice to start your month!

Over one thousand Tasmanians have completed mindfulness courses with us, and we are committed to continuing to support you all in your ongoing practice, and to keep our community strong.

At 7am on the First Day of the Month, join with all those who have completed our courses for a fresh and relaxing 20 min practice, on zoom. Expand your toolkit from a variety of sources and include movement, breath, body, nature-based and imaginative practices that nurture calm and a sense of belonging to this state wide Mindfulness community. Practices will be trauma-informed and inclusive of all particular life journeys such as gender diversity, cultural diversity, neurodiversity and age related experiences.

BetterTogether@7 online events are available for adults living in Tasmania who have completed one of our courses. No registration needed: just turn up!

Date: 1st day of each month (better than a pinch and punch!)

Time: 7am

Zoom room: Join Zoom Meeting

<https://us06web.zoom.us/j/87089957518>

Meeting ID: 870 8995 7518

Or find it on our Facebook page or website

<https://mindfulnessaus.com.au/finished-a-course/>



admin@mindfulnessaus.com.au www.mindfulnessaus.com.au

m.0488 064 228



MPA programs are fully funded, so therefore FREE for people who meet the eligibility requirements. Our programs are supported by Primary Health Tasmania under the Australian Government's Primary Health Network program.