



Mindfulness
PROGRAMS AUSTRALASIA

FREE Mindfulness Programs to
Manage and Prevent Stress,
Anxiety or Depression



medicare
Mental Health Centre
Devonport

Free, walk-in
support for everyone.
1800 595 212

Regular Mindfulness practices can help you lower stress and
increase wellbeing.

Everyone is welcome to learn and refresh Mindfulness
practices on Thursdays this April in **Launceston**

Drop In to Mindfulness

Thursdays 4-4.45pm with Sharon
Starting April 23rd 2026
at the Medicare Mental Health Centre
62/64 Canning St, Launceston

All Welcome: no registration required

www.mindfulnessaus.com.au

Need help? Email us: admin@mindfulnessaus.com.au

Or phone: 0488 064 228



Courses are provided FREE with support from Primary Health Tasmania under
the Australian Government's Primary Health Networks Program