



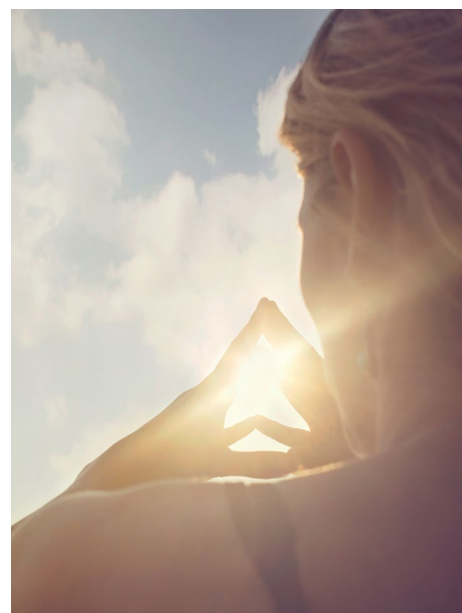
Hogan
health
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Mindfulness for Well-being

livewell workhealthy restorebalance

Practice **mindfulness** and **restore balance** in your life to **nourish** your health.



Mindfulness

Mind & body practices

- Create mindful lifestyle habits
- Manage worry & anxiety
- Rewire your brain for happiness
- Practice meditation & relaxation
- Cultivate compassion & gratitude

Tai Chi

Movement for health

- Move with calm and ease
- Improve balance skills
- Increase internal energy flow
- Develop muscle strength & endurance
- Enhance breathing & postural awareness

Well-being

Health & well-being seminars

- Manage your response to stress
- Cultivate positive mind-sets
- Develop emotional resilience
- Focus your attention
- Choose a healthy lifestyle

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Hogan Health Consulting

PO Box 16, Wangaratta, Vic, 3676

M +61 427221427 **E** amanda@hoganhealth.com.au

ABN 56615707385

