

Moving to Reduce Anxiety

Learn techniques to help with awareness and manage anxiety, 10am-11am
6pm-7pm *Staff only.

Peninsula Village, DLH theatre room,
91 Pozieres Ave, Umina Beach

Rosemarie Smith 0409 413 035
rosemariesmith@hotmail.com

Self-Awareness Workshop

Meditation, art, collage and body movement, 10am-12:45pm

Terrigal 50+ Leisure and Learning Centre
Cnr Duffys Rd & Terrigal Dr Terrigal

Stephanie Gregory 0403 348 223
www.stephaniegregory.com.au

Qigong Breathing and Meditation class

10am-11:30am

WonKwang Zen Meditation Centre
20 Bundaleer Crescent, Bensville

www.wonbuddhism.org.au
4368 2393

Water Worlds : The Art of Deep Listening

Visual art and storytelling
10am-12pm

Killcare Surf Life Saving Club
81 Beach Drive, Killcare

Karen Adler 0420 593 121
karenadler222@gmail.com
www.thejourneyjournal.webs.com

Latin America and Ballroom Dancing

9:30am-11:30am *For Seniors Only

Ettalong 50+ Leisure and Learning Centre
Cnr Broken Bay Rd & Karingi St
Ettalong

www.gosford.nsw.gov.au/community/services/seniors-services
4304 7222

EXPERIENCE EXPLORE BE MORE

Central
Coast
Council

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- SAN REMO
 - WYONG
 - TUGGERAH
 - OURIMBAH
 - EAST GOSFORD
 - TERRIGAL
 - GOSFORD
 - ERINA
 - KARIONG
 - BENSVILLE
 - ETTALONG
 - KILLCARE
 - WOY WOY
 - UMINA

Tuesday
24 October

If registration was unsuccessful please ring the OPEN DAY organizer:
Elio Gatti, Cultural Development Officer Central Coast Council
Ph 43258846 or email: elio.gatti@centralcoast.nsw.gov.au

Creative remedies for Anxiety

Do you experience anxiety or are looking for different ways to relieve stress?

Come along to our Open Day on **Tuesday 24 October** and book into one of many **FREE** creative classes, activities or workshops.

The day is aimed at showing our community the number of creative possibilities available across the Central Coast as one way to help manage stress and anxiety in all its forms.

Please note:

- Classes are **FREE** to join or just to observe.
- If you wish to observe only you are welcome to come without booking.
- If you wish to participate to the classes **BOOKING IS ESSENTIAL**.
- Classes size varies from a minimum of 8 to a maximum of 20 people. Please ring relevant site and/or presenters for your class or visit the website link.
- Classes duration varies from a minimum of 1 hour to a maximum of 3 hours. Please check carefully the chosen individual class.
- Please check carefully the timetable of the program and then register your participation by ringing the relevant number.

Aboriginal art experience in the Ngaliya Dhuluga Garden

Visual art and storytelling, 10am- 12pm
San Remo Neighbourhood Centre
28 Brava Avenue, San Remo
www.sanremo.org.au 4390 7888

Ferocious For Joy

A talk about life and joy & a Terrarium Creating workshop, 10am-11:30am
Central Coast Community Women's Health Centre 7 Rose Street, Wyong
Belinda Ingels 4352 1152
belinda@tbotb.com.au

Move and Dance through Anxiety together

Discover how the body reacts to Anxiety through dance and movement within a fun and relaxing environment
10am-11:15am, Tuggerah Community Hall 9 Anzac Road, Tuggerah
Francoise Bale 0430 441 360
franbaletutor@gmail.com

Mindful Music and Wellbeing

Launching a new NDIS program
Find your inner-balance through musical improvisations. No previous experience required. 1pm-2pm
Kariong Neighbourhood Centre
10 Langford Drive, Kariong
admin@knc.net.au 4340 1724
www.knc.net.au

Getting in Touch with Nature

A full sensory immersion in a spectacular Australian Rainforest
11am-12pm Guided Sensory Rainforest walk. 12pm-1pm LUNCH. 1pm Guided Meditation *BYO or Vegetarian Wraps \$5
Forest of Tranquillity
390 Ourimbah Creek Rd, Ourimbah
www.forestoftranquility.com
4362 1855

SpeakUP Hits the Studio

An opportunity for local youth to write and record original spoken word poetry pieces telling their story in our Studio
1pm-4pm
*For Youth (16yr-24yr old) ONLY
The Lounge Room, 2/342 Mann St, Gosford
Musicians Making a Difference
4322 5350
www.mmad.org.au/theloungeroom

Enhancing Life By Exploring Death

An opportunity to explore our own mortality with the view of living deeper, richer, more meaningful lives
12pm -1pm, Erina Centre
Erina Fair, Terrigal Drive, Erina
Gypsy Artemis
0406 502 715
gypsy@sacredhunger.com.au

Finding Joy, Step Beyond the Mind

Moving Meditation and Creative Expression, unlocks Joy & Empowerment
12:30pm-2pm, Erina Centre
Erina Fair, Terrigal Drive, Erina
Debra Lansdowne 0438 074 921
heartjourneys006@gmail.com
www.heartjourneyswithdebra.com

Ageless Grace

Body and Brain fitness for men and women over 50, 1:30pm -2:30pm
Erina Centre
Erina Fair, Terrigal Drive, Erina
Rosemary Blundo 0425 316 848
rosemary.blundo@people.net.au

Understanding the difference between Anxiety and Stress

Techniques to calm the body
2:30pm-3:30pm Erina Centre
Erina Fair, Terrigal Drive, Erina
Maria Gabriella Molnar 0422 960 970
iamlightmaria60@gmail.com

Yoga for Anxiety

Techniques to use in daily life
10am-12:30pm
Yoga Just For You East Gosford
Jacqueline Hilton 0409 078 145
jacqueline_hilton@hotmail.com

Jewellery Making

10am-12:30pm *For Seniors Only
Gosford 50+ Leisure and Learning Centre Cnr Albany Street North & Henry Wheeler Place Gosford
www.gosford.nsw.gov.au/community/services/seniors-services
4304 7065

Meg McGowan: Free from Fear

Author's talk: Meg explores the way in which we can face our deepest fears and use them to live a more fulfilling life
10am-11am, Woy Woy Library
42-44 Blackwall Road, Woy Woy
4304 7555