# **NEWS & EVENTS**



### Worth a Moment

Pause....

The holidays: a welcome respite, joyful times, chaos, angst, generally all of the above. Definitely a time when things are different and the balance can tip in various directions in the wink of an eye. The ever present challenge is to tip it in a good direction. Read on ......

## Thank you

We are blessed with so many people who assist us and we want to make pass on our special thanks to the wonderful Ambassadors and Champion Leaders of Circles of Learning. These are the people who volunteer their time and expertise to reach out to more parents and children to assist in their development.

We want to thank the companies who have assisted us, in particular CCT, Alkaline water and Mitsubishi, plus the many individuals within organisations who have volunteered their time.

#### **December Diary**

<u>Centennial Parklands</u> <u>Eco meditation</u>

Learn and practice mediation in nature and beautiful surroundings. FREE on the fourth Saturday of each month from 8.00-9.00am Nr. The Learning Centre. For details click here.

#### Royal Botanic Gardens

Christmas craft. Twine vines and leaves to create your own decorations. Explore the garden and more. Suitable for 7-13 yrs
Sat, Dec 21 10.30 & noon
Cost \$16.50
Book: 9231 8134
Click here to read more

We want to thank Viva, the people who have secured our internal communications system and the companies that have chosen us to promote their products, in particular BU organics, Growing Connections, Stress Down Queen and the Bondi Road Fruitologist.

We greatly value all of you. <u>Click here</u> to see some happy faces..

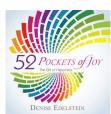
## Holiday time-Make the most of it

It's the end of the year—you deserve a rest. Remember your children need a rest too.

Relaxing by the water, on the beach or in shady outdoor gardens and bush is a wonderful way to rejuvenate the body.

Take time to find your Peace.... it is Worth a Moment.

52 Pockets of Joy...a beautiful coffee table book with inspirations for every week to sustain your happiness & elevate it until you are soaring on wings of joy. Sensational photography. The perfect gift for Christmas. To order click here



Healthy happy times, Judith







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