



Join us for a special networking event at Jarmer's Kitchen: Wellbeing & self-care for GPs.

Learn how health professionals can take care of their own wellbeing with **Toni Mulraney**, Mindfulness-based Stress Reduction Program Teacher.

Participants will be guided through some of the core mindfulness practices to experience the impact first-hand.

Dr Jill Benson, Medical Director of Doctors' Health SA, will also inform attendees on the 'Doctors' Health SA Program' and will provide their top tips for staying well.

(08) 8209 0700 • info@sonder.net.au

This activity is supported by funding from the Adelaide Primary Health Network through the Australian Government's PHN Program.



When

Wednesday 12 May 2021
6:30 - 9:00pm



Where

Jarmer's Kitchen
18 Park Terrace
Bowden SA 5007



Registrations

Free event, dinner included.

Please register by 5 May 2021 via sonder.net.au

Please note: Limited seats are available for this session. Whilst this session is free of charge, non-attendance will incur a \$30 cancellation fee if notification is not received 72 hours prior to the session.

