



MACARTHUR & SOUTH WEST SYDNEY HACC TRAINING PROJECT

"A Project of Macarthur Disability Services Ltd"

ABN 98 003 008 928

Level 8, 138 Queen Street (PO Box 284)

CAMPBELLTOWN NSW 2560

Phone: 4621 8400

Understanding Stress & Practical Relaxation

Date: Wednesday 7th July, 2010

Time: 10.00am – 2.00pm

Venue: Brian Wunsch Centre, 126 Avoca Rd,
Wakely

Trainer: Anita Mulally, HACC Training
Coordinator

Morning tea and lunch provided

Parking: Free on site

Cost:

\$25.00 for HACC services in
Liverpool, Fairfield, Bankstown,
Macarthur, Wollondilly & Wingecarribee
local government areas

\$50.00 for Non HACC funded services or
out of area HACC services

This session aims to give participants practical strategies to relieve stress. Participants will walk away with numerous techniques that can be practiced on their own. Participants will also understand the stress response and know what is happening in their body when stressed.

Learning Outcomes include:

- Understand the bodies response to stress
- Practice diaphragmatic breathing
- Practice the progressive muscle relaxation
- Practice guided imagery
- Practice hand massage

Please fax or email the Registration Form to HACC Training Co-ordinator
Macarthur Disability Services

Fax: 4628 4006

Email: hacctrain@mdservices.com.au

THERE ARE LIMITED PLACES IN ALL WORKSHOPS

YOUR PLACE IN A COURSE WILL BE ADVISED VIA EMAIL OR PHONE

You must give at least 7 days notice to get a refund on your course fee if you will not be attending

If you have any special learning needs please contact the HACC training coordinator before hand