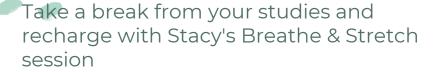


At the Library

De-stress for the HS

Monday, 29th September at 3.15pm. October 13th, 20th, 27th at 3.15pm



Feeling the pressure of the HSC? Take a break and recharge with our Breathe & Stretch session — a gentle movement and mindfulness class designed just for teens.

This free, guided session held in the library offers simple breathing techniques and light stretching to help ease stress, improve focus, and boost wellbeing during exam time.

No experience needed — just wear comfy clothes, a towel (incase we lay on floor) & jacket as aircon can get cold and bring a water bottle.

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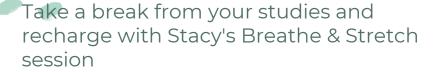




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