

BREATHE & STRETCH De-stress for the HSC.

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

Take a break from your studies and recharge with Stacy's Breathe & Stretch session

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.

Location: Port Macquarie Library
32 Grant Street
Port Macquarie NSW 2444

For More Info: mnclibrary.org.au
Tel 6581 8755

Book Here for 29/9



Book Here for 13/10



Book Here for 20/10



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