

Path to wellbeing

SUPPORT FOR DEFENCE SPOUSES

RSL Queensland and Defence Community Organisation welcomes Ian Dalton from Townsville Private Clinic, a specialist in the management of military related mental health conditions, to our next wellbeing seminar.

This seminar aims to equip partners of currently serving Defence members with strategies to assist with the challenges of a modern military career.

- DATE** Thursday 1 June 2017
- TIME** Registrations open 6pm,
commencing at 6.30pm sharp
- VENUE** Wirraway Club, RAAF Base Townsville
- FEE** Free event
- PARKING** Available
- RSVP** Registration is vital as places are limited.
Please RSVP by 18th May to
katie.maloney@rslqld.org | 07 3634 9444
- BASE ACCESS:** Upon RSVP names will be left at
RAAF Base Townsville Front Gate

THE FIRST 15
REGISTRATIONS
WILL RECEIVE A
COMPLIMENTARY
YOGA MAT.



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
CONFERENCE BRANCH

Defence
Community
Organisation
Townsville