

BACK IN BALANCE

Official Newsletter of Mark St Health Alliance

Great Lakes Suicide Prevention Network Launches Mindfulness Initiative at Bennetts Head

The Great Lakes Suicide Prevention Network (GLSPN) is excited to announce the launch of a new initiative aimed at promoting mindfulness and connection with nature. On June 19th, a prominent sign was unveiled at Bennetts Head in Forster, showcasing a free, nature-based mindfulness app.

Engaging with Nature for Improved Wellbeing

The app offers users a unique experience. It utilises geolocation to provide personalised 20-minute audio sensory mindfulness routines tailored to the surrounding environment. This allows individuals to engage with the beauty of nature and find moments of peace in their everyday lives.

Accessibility for All

The program caters to everyone. Those without a smartphone can follow the instructions directly on the sign, titled "NatureFix." Additionally, the app is readily available for download on both the App Store and Google Play.

About the Great Lakes Suicide Prevention Network

Established in 2020, the GLSPN is a community network committed to tackling suicide risk and its effects. Their vision is to foster a united community that raises awareness, prevents suicide, and promotes overall well-being across all cultures and individuals within the Great Lakes region.

Lifeline: 13 11 14

Lifeline text: 0477 13 11 14

Mens Line: 1800 789 978

Kids Help Line (5-25 years): 1800 55 1800



YOU CAN NOW

**BOOK
ONLINE**



3 Easy Steps

01

Visit our website,
www.markstchiropractic.com.au

02

Go to "Book Online" tab


03

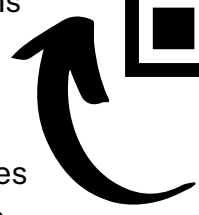
Choose your preferred
date and schedule



CHIROPRACTIC FACTS

- Chiropractors often take a holistic approach to patient care, considering lifestyle factors, diet, exercise, and ergonomics as part of treatment plans.
- This allows for a Drug-Free approach emphasising natural methods of healing.
- The hallmark treatment of chiropractic care involves spinal adjustments or manipulation. These adjustments aim to restore joint mobility, alleviate pain, and improve function.
- Chiropractic care typically involves personalised treatment plans tailored to the patient's specific condition, health goals, and preferences.

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Robin Schep - Counsellor

Our Counsellor, Robin, loves people, loves listening to stories and loves making a difference. When she's not in the clinic, you'll find her out by the sea, walking or swimming, reading a good book or doing some Art Journalling.

Embrace self-care practices to nurture your mental well-being. Remember, "it's okay not to be okay."

Take time to breathe and prioritise your mental health.

Appointments available with our Mental Health Care team.

Contact us on 6557 6227
#selfcare #bekindtoyourmind

I ♥ BLUEBERRIES MAZE

