

## Nexus After-Hours Program Monthly Social Event Calendar

Beginning Saturday April 13<sup>th</sup>, Nexus After-Hours Program will be running **Free** Weekly events every Saturday until July @ Wallan.



### 1<sup>st</sup> Saturday of the Month 1pm-3pm (beginning May 4<sup>th</sup>)

#### Writing Workshop hosted by BusyBird Publishing (Blaise van Hecke)

Blaise van Hecke is a sought after expert on publishing and leads various workshops about writing, editing and publishing. What Blaise loves most about mentoring and workshops is helping people get their ideas into book form and out into the world.



### 2<sup>nd</sup> Saturday of the Month 10am – 11.30am or 12.30pm - 2pm (beginning April 13<sup>th</sup>)

#### Art Therapy Workshop hosted by Zentangles (Christine Batskos)

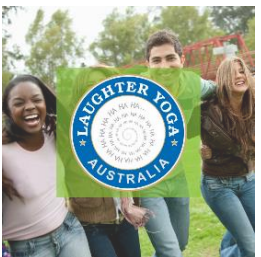
Zentangle is Yoga for the brain and aimed at people who think they can't draw. Zentangle uses simple patterns, broken down into small steps, so that everyone gradually gains confidence to create their own works of art. The self-esteem gained is amazing.



### 3<sup>rd</sup> Saturday of the Month 11am – 1pm (beginning April 20<sup>th</sup>)

#### Dog Therapy hosted by Dogs for Life (Sharon Hill)

Come and learn about how Therapy Dogs can improve quality of life, enhance independence and facilitate increased participation in society. DOGS FOR LIFE works with specifically trained dogs within mutually defined programs, to assist people to achieve predefined therapeutic goals and to create a lasting partnership.



### 4<sup>th</sup> Saturday of the Month 11am – 12pm (beginning April 27<sup>th</sup>)

#### Laughter Yoga Workshop hosted by Laughter Yoga Australia (Tilisa Thomas)

Laughter yoga is a fun, social aerobic exercise where you will learn skills to laugh voluntarily whenever & wherever you want. Laughter Yoga can help with boosting the immune system, increasing oxygen to the brain & body cells, regulating blood pressure, reducing pain, and manage depression, anxiety and stress. Join Tilisa to learn how to use Laughter Yoga to bring back laughter in your life. Wear comfortable clothes and bring a water bottle.

Bookings are required for the Writing, Art and Laughter Yoga Workshops. For more information contact 1300 77 33 52. If you have specific access needs, let us know.