

# WELLBEING PROGRAM FOR HSC STUDENTS



## De-stress and study better

Join us every Wednesday in October from 1–2pm for De-Stress Sessions; think gentle neck and shoulder stretches, calming guided relaxation and easy techniques to manage stress anytime.

- ✓ Quiet study zones
- ✓ Weekly chill-out sessions
- ✓ Simple stress hacks you can actually use

Let's get you feeling ready, relaxed and confident for the HSC.

**De-stress Program:** Book via Eventbrite to secure your place or turn up on the day and we will try to fit you in. Numbers are limited.

**Date:** Every Wednesday (1,8,15,22,29) in October.

**Time:** 1-2pm

**Location:** Story space, Harry Bailey Memorial Library, Ground Floor, Yarrila Pl.

**COFFS HARBOUR  
LIBRARIES**



Scan the QR  
code to book  
your spot

