

Your Life Matters

Workshops for rural communities



Join Petrea King and learn ways to build resilience and emotional intelligence in our rural communities

Australians living on the land are some of the most resilient people on earth. But the ability to weather the challenges of rural life comes at a price. Many farming families are emotionally 'tough' and find it difficult to reach out and ask for help.

If your financial, mental and emotional resources are depleted, join us for a workshop to strengthen your resilience and learn practical tools, strategies and skills to live well in challenging circumstances.

Thursday 12 September 2019
9.30am-3pm
Warren Sporting and Cultural Centre
RSVP for catering purposes (morning tea/lunch provided) by Monday 9th September to Tom Walker on 0418255317
Creche will be provided on the day
Night Session (condensed) now added for those unable to attend during the day
Same Venue 5.30pm-7.30pm

"The greatest gift you can give yourself, your children, your family and your community is the gift of your own good physical, mental, emotional and spiritual wellbeing".

- Petrea King

Cost: FREE with thanks to our generous sponsors

Bookings: Not necessary

Enquiries: Tel 0438 082 731

The Quest for Life Foundation is a not for profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.



Petrea King
Founder and CEO