

Let's talk...

With inspirational poet
Jen Compton

Sunday 10 Sept ♦ 2.00—4.00pm ♦ \$20

Life's a Mango: From mundane to magic

Jen Compton takes everyday situations and, with rhyming verse, turns them into something magical. Her book, 'Life's a Mango' is designed to soothe, reassure, inspire and challenge. Her poetic verse helps to generate mindful awareness and gratitude for the present moment.



Join Jen for a conversation about mindful living and gratitude. Jen's approach will help you to make the most of your life, be more aware of the present moment, and feel optimistic about your future. Learn practical techniques to bring joy and optimism to your life. Share Jen's inspirational prose, learn ways to use simple rhymes as a focus for meditation, and take part in a guided meditation that will soothe your soul.

Introducing Northside Conversations. Northside Conversations is an opportunity to talk, network, listen, ask questions, enjoy good company and enjoy good food. It's an informal, occasional series of conversations on a wide range of topics, brought to you by Northside Meetings. If you'd like to suggest a topic for Northside Conversations, or if you'd like to be one of our speakers, please let us know. Contact Judy Gregory at info@northsidemeetings.com.au.



110 Windsor Rd, Red Hill ♦ 3368 1088
Turn over for registration information

Northside Conversations.

with Jen Compton

Sunday 10 Sept ♦ 2.00—4.00 pm ♦ \$20

110 Windsor Rd, Red Hill

Register now:

Name: _____

Phone: _____

Email: _____

Any dietary requirements (for afternoon tea): _____

Payment options: Tickets are \$20.

Book and pay online at <https://www.eventbrite.com.au/e/lifes-a-mango-from-mundane-to-magic-tickets-34941224142> (a booking fee applies).

Book and pay in person at Northside Meetings, 110 Windsor Rd, Red Hill—we accept cash or credit card payments.

Book and pay by post—send a cheque to Northside Meetings, 110 Windsor Rd, Red Hill 4059. Book and pay over the phone using your credit card—phone 07 3368 1088.

Full payment required to confirm your booking.

More information: 07 3368 1088 ♦ info@northsidemeetings.com.au



Privacy information: We'll collect your name, email and phone number for the purposes of administering Northside Conversations. You may receive future marketing information from Northside Meetings and our speakers. Your contact information will not be shared with other organisations. You can unsubscribe from our lists at any time.