



ME/CFS Australia (Victoria)

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ABN: 22 385 438 041

ARBN: 136 448 050

IAN: A0016974N

DGR: 900279668

CONDITIONAL TAX INVOICE

Relaxation Group for People with ME/CFS and Fibromyalgia

This five week course is specifically designed for people with ME/CFS and/or Fibromyalgia.

It includes discussion, breathing techniques, very gentle muscle tensing and relaxing, and guided imagery. Participants will be able to adapt the techniques to suit their physical ability. Numbers will be limited in order to best serve individual needs.

Ideally, participants will lie on the floor, but if they are unable to do this, they can sit up.

Course Details

Dates: Wednesdays, 17th November to 15th December (inclusive), 10.45am – 12pm.

Venue: Uniting Church, The Avenue, Ferntree Gully

Cost: Members of ME/CFS Australia (Victoria) and their carers - \$10; non-members - \$42.

Parking: Ample free car parking available.

Facilitator: Irene Herceg.

What to Bring

- Yoga mat or blanket to lie on.
- Sheet or rug to cover up if desired.
- Pillow if desired.
- Cushions or pillows if you prefer to sit up.
- A water bottle if you are the thirsty type.

Please wear loose, comfortable clothing. A track suit would be ideal.

Please refrain from wearing perfume.

About The Facilitator

Irene Herceg is a Registered Nurse with additional qualifications in Midwifery and Mental Health Nursing. She is experienced in teaching relaxation and meditation and in using these techniques as a therapeutic tool.

Irene has a family member diagnosed with ME/CFS. This led to her involvement as a volunteer with ME/CFS Victoria (Australia) where she works in the library and on the Support Line.

Enrolment

Please contact ME/CFS Australia (Victoria) on (03) 9791 3100 to secure your place in the course, or alternatively fill in your details below and mail or email your form to the office.

Be sure to book quickly as numbers are limited.

Payment Options

To participate in the course, please provide your details:

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

Description	Total
Relaxation Course: \$10 for members of ME/CFS Australia (Victoria)/their carers, \$42 for non-members	
Optional membership to ME/CFS Victoria: \$40 full; \$20 concession	
Optional donation:	
Total Enclosed:	

Payment can be made by credit card, money order or cheque. Please make cheques payable to ME/CFS Australia (Victoria).

Please charge my Visa or Mastercard

Card number:

Expiry date: /

Cardholder's name:

Payments made by credit card can be phoned through to the office on **(03) 9791 3100**.