



HEALTH & WELLNESS SESSION

Regulate Your Nervous System & Reset Your Focus

A powerful reset before and during stress

- Stress & Anxiety Management
- Chronic Pain Management
- Mind / Body Awareness



RESPIRE ACTIVITY

MIND & BREATH RESET



What is Mind & Breath Reset?

It's a 60-minute session combining proven mindset & breath techniques helping participants regulate their nervous system, think more clearly, and build resilience during stress moments.

BOOK NOW!



In-clinic at
1-3 Helen St. Hillcrest

- Home visit for participants preferring in-home care

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horizoncommunityservices.au



Contact Us

07 3520 8909

hello@myhorizoncs.com



RESPITE PACKAGE INCLUSIONS



HORIZON
COMMUNITY SERVICES
ENCOURAGE. EMPOWER. ACHIEVE

All-Inclusive Package
STARTS AT

\$1,583.88

What Students Will Learn:

- How to interrupt stress and panic in real time
- Breath practices that calm the nervous system
- Tools to stay focused during stressful moments
- Mindset techniques to reframe self-doubt and build confidence
- Anchoring techniques they can use anytime
- Full terms and conditions apply. Please inquire to learn more.



**HOTEL
ACCOMMODATION**



**MINDSET & POWERFUL
BREATHING TECHNIQUES**



TRANSPORTATION



GROCERY VOUCHER



SUPPORT STAFF

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