



Yoga - Pilates - Massage Therapy

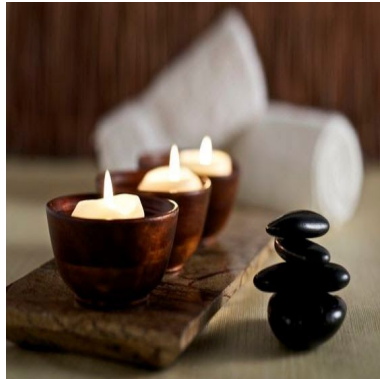
[www.corebalancemovement.com](http://www.corebalancemovement.com)  
[melissa@corebalancemovement.com](mailto:melissa@corebalancemovement.com)  
+356 7934 2990



IL-MELLIEHA

FREE Wellness Talks by US trained Melissa Poplaski, in collaboration with Mellieha Local Council. For seat reservations call: Marvic De Bono on 21521333.

## Mental Health & Wellbeing



### Self Care and Wellbeing Facts:

- People with mental disorders die 20 years younger than the general population.
- 44.3 million people diagnosed with Depression and 37.3 million diagnosed with Anxiety Disorders within the EU.
- The estimated prevalence of mental disorders in the WHO European Region in 2015 was 110 million, equivalent to 12% of the entire population at any one time.

## **In this talk we will discuss:**

- The power of daily meditation and take you through a short meditation practice.
- Movement tips to calm your nervous system down.
- Ways to simplify your life and clear the clutter, be it physical and/or mental.
- What self care means to each individual (physical, mental and emotional components) and tips on how to prioritize our daily schedule.
- How to create daily rituals for yourself.

**About Core Balance Movement:** For the past 20 years, Core Balance Movement has helped hundreds of people from all walks of life by using movement therapy as medicine to heal the body. Our philosophy is to use a non-invasive, non-pharmaceutical approach to address these health issues by allowing our bodies to heal themselves. I started Core Balance Movement back in California where I combined my training and hands-on experience in bodywork/therapeutic massage, pilates, yoga, strength and conditioning to create a unique holistic body approach. I am now happy to be offering these services in Malta and want to help bring awareness to mindful movement as medicine. You can learn more about us and our qualifications on our website: [www.corebalancemovement.com](http://www.corebalancemovement.com)

---

**Talk Location:** Mellieha Local Council Building

**Date:** 16 May 2020

**Time:** 09:00 to 10:30am

**Cost:** FREE and open to the public - all ages welcome

**For reservations:** Contact **Marvic De Bono on 21521333**. Limited spaces available so bookings are on a first-come-first served basis.