

Bree Piscitelli	Kinesiology. Reiki. Access bars. Lymphatic drainage massage.	0484 130 442 queenbree80@gmailcom Facebook: Bree Piscitelli	St Marys	Cranks and Tinkerers	Museum of interesting things "I tinker therefore I am" (Henry Hoke)	0417 648 845 Facebook: St Marys Cranks and Tinkerers	St Marys
Building Blocks	Early Childhood Parenting Program.	Tanya Greenwood 0400 002 116 tanya.greenwood@fvnh.org.au	Fingal Break O'Day	Lomilomi Massage	A Polynesian healing art that nurtures the mind, body and spirit.	Lila Meleisea 0477 436 700	St Marys & home visits
Creativity in Play	Creative dance with fun props. All ages and abilities.	Jan West 0421 319 586 creativityinplay@gmail.com	St Marys Cornwall	Re-purposing and up cycling group	Getting like minded people together to limit the waste that is being put into landfill.	Dianna van Meel 0488 688 508 Facebook: St Marys repurposing and up cycling	St Marys
The Knits	Sharing skills and support one another. Have a chat and knit.	Wendy 0499 990 652	St Marys	Rustic Ragamuffins	Homemade goodies, a cuppa and stitching. A lovely escape doing what you love with like minded people.	0417 027 424 gonerustic@gmail.com www.gonerustic.com/collections/events	Fingal
Fingal Valley Neighbourhood House	Community services and activities for Fingal Valley.	6374 2344 admin@fvnh.org.au www.fvnh.org.au	Fingal	Sparks Behaviour Change Consulting	Behaviour analyst & support. Therapeutic trauma informed yoga. Early childhood specialist. Training & workshops.	Tully Gordon 0429 965 985	St Marys & statewide
Jak Isaksen	~ Bowen Therapy ~ Gentle realignment & pain relief for muscular/skeletal issues + neuro-muscular rebalancing.	0438 297 723 St Marys Community Health Centre	St Marys	Vortex Healing Centre	Sound healing. Qi Gong. Silent meditation.	0418 515 419 Facebook: Vortex Healing Centre 7215 vortexhealincentre .com	St Marys
Dr. Jun Li	Traditional Chinese Medicine. Herbal medicine, acupuncture, cupping, massage, moxibustion, health consulting.	0411 186 573	St Marys	With One Voice Break O'Day Choir	Fun community choir. All ages and abilities. No experience required.	Liz Dean 0439 001 533 Facebook: With One Voice Break O'Day Choir	St Marys
Katrin Alexander	~ Yoga ~ Breathe. Move. Regenerate ~ Kilari ~ South Indian Martial Art	0402 315 564 k_alexander@gmx.com	St Marys	BOD Mens Shed	Men only. Predominantly about mens mental health. Projects & repairs for community.	Jeff 0418 327 593	St Marys

Leanne McMurtrie	Counselling. Mentoring. Training & Support.	0419 175 948 leanne@ccstas.com.au www.CounsellingConsulting Tasmania.com.au	St Marys & Break O'Day
Break O'Day Alcohol and Drug Service	Provides drug and alcohol support to the Break O' Day Municipal area.	1800 243 232	Break O'Day Municipality
RAW Rural Alive n' Well	Building healthy and resilient rural communities to reduce the prevalence of suicide in ages 14 yrs and above.	1800 729 827 admin@rawtas.com.au www.rawtas.com.au Facebook: Rural Alive & Well (Raw)	Statewide in rural and remote communities
Royal Flying Doctors Service	Delivering services to improve health and wellbeing.	Rural Health Worker 0439 799 958 Physical Health Worker 0477 036 888 Mental Health Worker 0439 503 202	Break O'Day Municipality
Dr. Tess Crawley and Assoc.	Psychologists & Social Workers.	6331 0577 admin@tesscrawley.com.au tesscrawley.com.au	St Marys and Break O'Day Municipality
Laurel House North	Free service for anyone affected by sexual assault including family and friends.	6334 2740 After hours: 1800 697 877	St Marys and northern Tasmania
Active4Life Gym	Community gym for health & fitness	6374 2344 (Fingal Valley Neighbourhood House)	St Marys

For updates and inclusion Ph: 6374 2344
(Fingal Valley Neighbourhood House)

Wellness Directory

St Marys & Fingal Valley

Sponsored by:

The Break O'Day Community

Wellbeing Project

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