

**KINGAROY**  
**AUGUST 2026**

# SCHEDULE



4 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**GRATITUDE AND**  
**ACCOUNTABILITY**



11 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**GETTING YOUR MENTAL**  
**HEALTH MOVING**



18 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**MANAGING YOUR**  
**EXPECTATIONS**



25 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**THE POWER OF**  
**LAUGHTER**

**Kingaroy Address:**  
**182 -184 Kingaroy Street**  
**Kingaroy QLD 4610**