

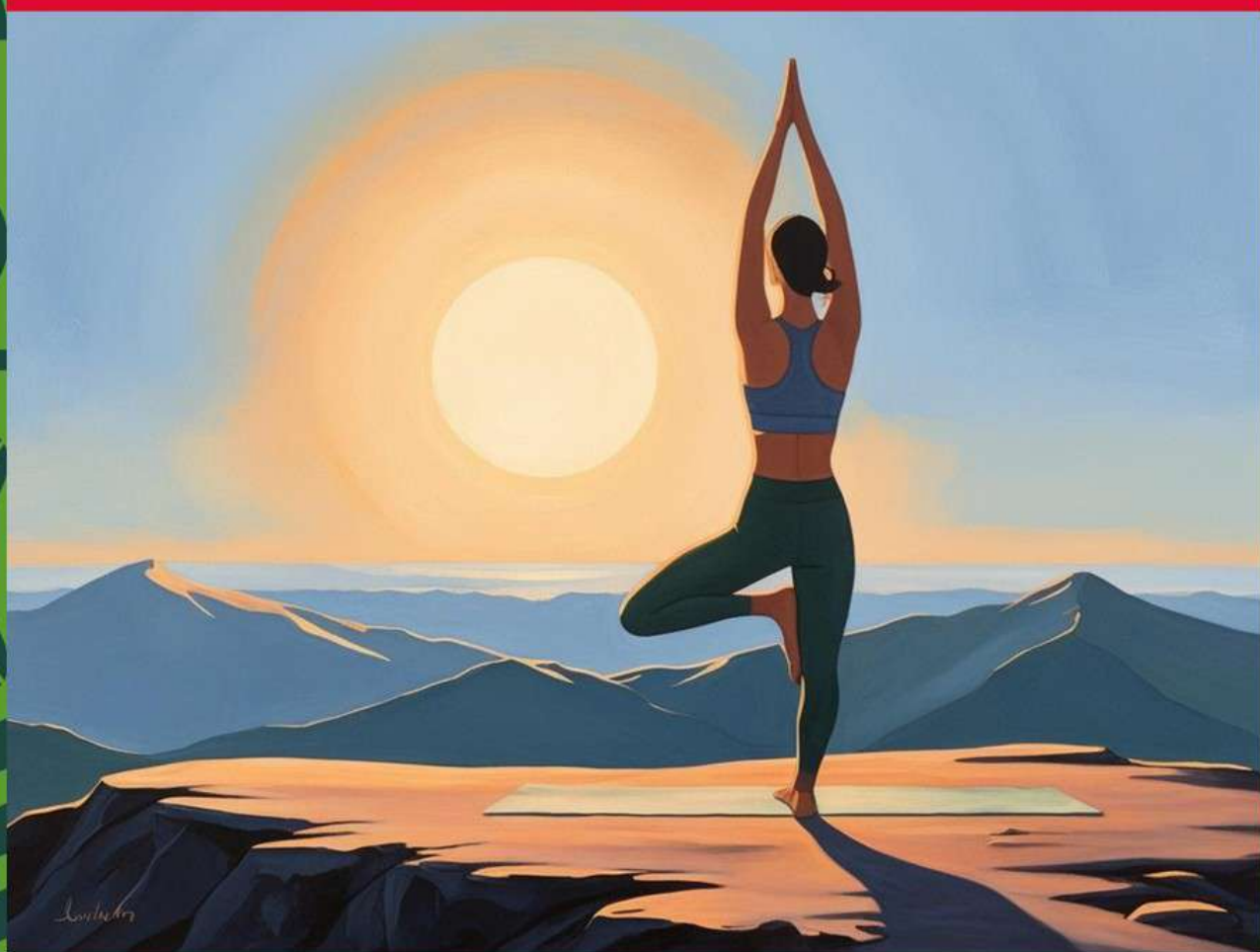
GLENFIELD LIBRARY & THE ASIAN NETWORK INC. (TANI)

Tea & Topics

关爱身心

Caring for Mind and Body

2026年5月12日 上午10:30至12:00, Glenfield 图书馆 (90 Bentley Avenue)



Glenfield Library and The Asian Health Network (TANI) are jointly hosting this presentation to explore everyday stress, mind-body connection, simple relaxation techniques, and how to help yourself and your family find a better balance. Everyone is welcome to attend.

格伦菲尔德图书馆和亚洲健康联络网 (TANI) 联合举办本次讲座, 旨在探讨日常压力、身心联系、简单的放松方法, 以及如何帮助自己和家人找到更好的平衡。欢迎所有人参加。

For more info, please email to
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aucklandcouncil.govt.nz](mailto:glenfieldlibraryevents@aucklandcouncil.govt.nz)

The **A**asian Network
Incorporated

