

Group Sessions

at Braidwood Holistic Therapies

Movement Sessions

<p>Ninja Training Mondays during school term</p> <p>Lil Ninjas (7-9) 3:30pm Next Ninjas (10+) 4:30pm</p> <p>at Bombay Rd Outdoor Gym or the Scout Hall in wet weather</p>	<p>Motion adult classes combining HIIT, Martial Arts, mobility</p> <p>Monday 9:30am at BHT</p> <p>Wednesday 4pm at Bombay Rd Outdoor Gym</p> <p>Friday 4pm at BHT</p>
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Wellness Sessions

<p>Mindful Mondays a mindfulness group for adults</p> <p>Mondays 1pm at BHT</p> <p>Weight Loss Support Group educational & accountability</p> <p>Saturdays 2pm at BHT</p>	<p>Red Tent for sharing women's wisdom and tools for self care at BHT</p> <p>Women : 2nd Wednesday 6 - 9:30pm</p> <p>Teens (12+) : 3rd Wednesday 6:30 - 8pm</p>
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Hear us on BraidwoodFM on Thursdays 10am with the Self-Crafted Wellness Show or see the livestream on facebook.com/selfcraftedwellness

@braidwoodholistic on FB and Insta



Wasp attack

Evie was playing with friends at the Rec when she was swarmed by wasps and stung hundreds of times.

AJ Singh explains how she found her ...

I didn't actually know that someone had been stung by wasps. I was walking in between the bridge and the bike track and I just happened to look in the scrub when I saw a piece of school uniform fabric a couple of metres in. So I went straight in to look and it was a little girl. She had wasps on her everywhere and by the time I got to her she'd been bitten over 200 times. I picked her up straightaway, taking the wasps off her face as I was walking, and then just called out for help to the other adults. The wasps were inside her clothing and I picked off what I could. But by the time I found Evie she wasn't talking so I knew it was serious.

Troy: (Evie's dad) I was down at the Rec training Patrick's team, that's Evie's older brother. Evie was playing with her



FROM WASPS' TAIL

[CLOCKWISE FROM LEFT] EVIE IN HOSPITAL, AJ IN THE SCRUBBY CREEK, THE HELICOPTER FLIGHT TO CANBERRA, AJ'S DAUGHTER LUCY AT THE BRIDGE WITH THE RECENTLY ADDED WASP WARNING SIGNS, EVIE TELLING HER STORY WITH HER MUM SAMARA ON THE NINE NEWS.

mates, running around the field, playing in the creek and in the bushy bits. It was 4:30 pm and, like most afternoons after school's out, there were kids everywhere.

I was concentrating on the kids playing soccer and the next thing I knew, AJ came running from the bush screaming, "Call an ambulance!", with Evie passed out in her arms.

They stabilised her at the hospital with adrenalin shots and then put her on a helicopter, and we went to Canberra hospital. We were there for four days. She was on a drip and various other things were going on. I'm really happy with the treatment that she got at the hospital by the doctors and nurses and also by the couple of people from our community who were at the Recreational Reserve at that time. I really feel like it was a chain of about five people that essentially saved Evie's life.

AJ: I don't know how long Evie had been there I'm guessing five or so minutes. I didn't know if she was going to be okay as I carried her out of the scrub. Picking the still stinging wasps from her face and body, it felt like an eternity and horribly time critical.

Troy: She told us later that she got stung once and it hurt and she yelled out to one of her friends who ran off to get his mum. At that point she said she got stung by lots of them and she just fell asleep, in her words. It's so thick in there you can't see anything. That was the issue, they had trouble locating her and all the while she's being stung again and again.

AJ: If the Rec ground is going to be the town's space for children's recreational activities, then the scrub needs to be cleared or redesigned. It is unsafe for our children. It is also littered with rubbish and broken glass. Removing the nests is not enough — it's their perfect breeding ground. They will only come back.

