

# Wellbeing Weekend 2023

**WHEN** Starts: Saturday, May 27th 2023 at 9:00 AM  
Ends: Sunday, May 28th 2023 at 4:00 PM

**WHERE** Australia

**COST** RACGP member: \$485| Non-member \$515

Our wellbeing weekend offers you the chance to re-energise and reflect on your own wellbeing.

The program will meet the new 2023-25 CPD requirement and will cover a range of activities, such as yoga, surfing, art classes and more, that you can enjoy at an idyllic waterview location.

Accommodation: Sails by Rydges Port Macquarie offers a range of rooms. To secure your room at a discounted price, please contact us for more information.

Non-Members: To register, please email [nswact.events@racgp.org.au](mailto:nswact.events@racgp.org.au) the following details: Full name, Organisation, Email address, Mobile number, Dietary requirements



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