

UPF Melbourne, Australia webinar: Being Self-Aware, Responsible and Loving

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Melbourne, Australia -- The Melbourne chapter of UPF-Australia launched the "Being Self-Aware, Responsible and Loving" webinar series with a virtual seminar on "Mindfulness – Mind and Body Unity," on April 25, 2020. Twenty-five people participated in the event, which was moderated by Mr. Will Abdo of UPF-Victoria.

The main speaker, Dr. John Bellavance, vice president of UPF-Australia, spoke of "making our lives celebratory!" To do so, we need to know and be true to ourselves. The first step in this journey is finding the values, purposes and goals that provide meaning to our lives and putting these into practice.