



WELLNESS GROUP



Join us!


FOUNDATIONAL FITNESS / GENTLE CLASSES

Whether you are just starting out or wanting to get back into gentle movement!

Enjoy the benefits of social connection and learn practical tools and movement techniques that you can use at home - while supporting your physical vitality and wellness in this free social group.

REGISTER NOW



 47516 511

 sil@notch.org.au

**WEEKLY CLASS FROM
17 JULY - 4 SEPT**

Supported by



Thursday 10am

NOTCH COMMUNITY ROOM, SHOP 0, DEERAGUN SHOPPING VILLAGE

