

Free Women's Dance Fitness & Health Classes

Held **Wednesday** during Term 1
Starting 12 February 2025

10am - midday

Enjoy a one-hour Dance & Fitness class, followed by a workshop about women's health and wellbeing, including nutrition tips

Morning tea provided

Free onsite childcare available

Great opportunity to improve your health and meet new friends!



Mamre House & Farm

📍 181 Mamre Rd, Orchard Hills

Book now - spaces are limited!

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