

Health & Wellbeing



STRETCH & STRENGTHEN

With Rachelle Hayes

(Massage and Thai therapist for 20 years)

Increase your flexibility, strength and body awareness with gentle stretching and strengthening techniques. This class is for all ages and promotes joint range of movement, co-ordination and decreased muscle tension.

A wonderful way to start any day.

Wednesdays 10.00-11.00am 24th Apr-26th Jun (excl. 1/5)
(9 weeks)

Cost \$135

Childcare available.

COME JOIN US!!

9754-2039 selby@selbyhouse.com.au

www.selby@selbyhouse.com.au

1 Minak Rd, via Charles St. Selby



SELBY COMMUNITY HOUSE