

# Health & Wellbeing



## STRETCH & STRENGTH

With Rachelle Hayes

(Massage and Thai therapist for 18 yrs)

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

2<sup>nd</sup> May-27<sup>th</sup> Jun (9 weeks)

Cost \$108

Childcare available.

**COME JOIN US!!**

9754-2039 [selby@selbyhouse.com.au](mailto:selby@selbyhouse.com.au)

[www.selby@selbyhouse.com.au](http://www.selby@selbyhouse.com.au)

1 Minak Rd, via Charles St. Selby



**SELBY COMMUNITY HOUSE**