

Health and wellbeing

Gentle Exercise - \$2.00 per session

In the Gentle Exercise program all exercises are done sitting on a chair. The focus is to improve fitness and build muscle tone using a specific schedule developed in response to the needs of the group.



Ladies Group - \$4.00 per session

A program where women can meet and chat about topics relating to women's physical and mental health, areas of interest, activities for women in the community and guest speakers. This will be centre and community based.



Men's Group - \$4.00 per session

A program where men can meet and chat about topics relating to men's physical and mental health, areas of interest, activities for men in the community and guest speakers. This will be centre and community based.



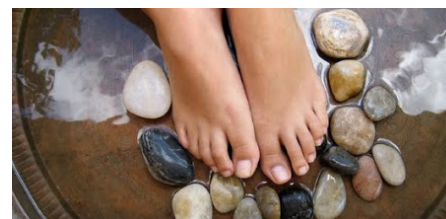
Personal Development - \$3.00 per session

Participants in our Personal Development program look at how our bodies work, sexual relationships, personal relationships and personal boundaries. It includes discussion, guest speakers and hand-outs.



Relaxation - \$2.00 per session

The aim of the Relaxation program is to provide participants with various relaxation techniques, and to address stress and the triggers that cause these emotions. Techniques may include meditation, massage and breathing control.



Sensory and Pampering - \$3.00 per session

The Sensory Relaxation and Pampering program provides an opportunity to enjoy hands-on and sensory activities incorporating all the senses, relaxing and pampering the mind, body and soul.



Yoga - \$6.50 per session

Our community-based yoga program participants attend sessions at the Port Melbourne Community Room. Yoga is great for flexibility, movement and relaxation.



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