

Wellness is Goodness!

Register your
interest.



PROGRAM HIGHLIGHTS:

HEALTHY EATING + COOKING

Join to learn about:

- Tasty, easy and healthy recipes. All ingredients and equipment will be provided.
- Invaluable information about healthy eating
- Meet other people in your community!

RELAXATION ACTIVITIES

Laughter Yoga combined with:

- Hand Massage
- Guided Meditation
- Clapping Exercises
- Deep Breathing
- Aroma Therapy

Healthy Eating and Mindful Living!

Join us for a Healthy Eating, cooking and Relaxation program.

When	21st August – 9th October 12:30pm – 2:30pm
Where	Ballan Mechanic's Institute Supper Room
Price	\$6 per session

Enquire Today!

For more information, please contact our
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