



PENRITH

HEALTHY

BODY MIND FAMILY

MINDFULNESS • HEALTHY INITIATIVES • COOKING

A free 6 week course for women with children 0 - 12 years of age.

THIS PROGRAM WILL COVER

- Breathing and relaxation techniques to teach your children
- Simple stretching (for all levels of fitness and flexibility)
- Meditation techniques
- Cooking a healthy family meal together

WHERE

North St Marys Neighbourhood Centre
Cnr Debrincat Ave & Oleander Road
North St Marys

WHEN

Thursdays from 20 May to 24 June 2021

TIME

10am to 12pm

For more information and to book please contact Kim on 02 9673 3908 or email kim@communityjunction.org.au

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- Limited places available with child minding for a small number of children
 - Strict COVID-19 guidelines will be followed

Funded by Department of Social Services and Supported by Community Junction.

CHILDREN'S SERVICES
PENRITH CITY COUNCIL



penrith.city/childcare