



Balance AND BODY

Balance and Body is a FREE 6 week program for parents and children 0-6 years of age focusing on healthy eating and yoga skills that parents can implement in their everyday lives.



Starting: Tuesday 10th May 2022
Time 9:30am to 11:30am
At Colyton Neighbourhood Centre,
Cnr Willoughby and Jensen St, Colyton
(Behind IGA at Colyton)
Cost: FREE

**Places are limited, and bookings are essential.
Please bring a towel and yoga mat.**

For more information don't hesitate to contact:
Jane 9188 9065 / 0450 188 036 or email
jane@communityjunction.org.au



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