

2019 Victorian Seniors Week Special Event

FREE Chair-based YOGA CLASS



**Book
Today**

**Delivered in
English & Mandarin!**

Feel Good
Live Well

Monday
7th October

10.00am – 11.00am

Marwal Centre
9 Marwal Ave
Balwyn

**Come and try
this gentle, fun class and
see the benefits for yourself!**

**FREE transport available for eligible participants
(bookings essential & condition apply).**

Bookings/enquiries: 9880 4709 or email socialsupport@basscare.org.au

 **BASScare**

BOROONDARA AGED SERVICES SOCIETY

BOOKINGS

9880 4709

WEBSITE

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