

DANCE YOUR CARES AWAY

STRESS-BUSTING & HEALTH BOOSTING



- * Enjoy music and rhythms that make moving fun and easy.
- * Release stress and feelings through movement and dance.
- * Move in your own way (no need to know any dance moves).
- * Relaxation, body awareness, art and stretching included.
- * Have a chat and a cuppa after the session.



Mondays 1030am-1130am

March 19 and 26, April 2 and 16, 2012 (4 weeks)

**At All Souls Church Hall
cnr Norton and Marion Streets Leichhardt**



- *Cost is \$40 (concession \$20) for 4 week course.
- Payment is appreciated before start of group.
- Light refreshments provided back at centre.



** Fees are negotiable if difficult to pay.*

Suitable for all women



**Leichhardt Women's
COMMUNITY HEALTH CENTRE**

55 Thornley St (cnr Cary St) Leichhardt.
Run by women, for women since 1974.

LWCHC is funded by the NSW Department of Health

call us to make your booking

9560 3011

Or email **info@lwchc.org.au**