

Moving to Heal

Dance Therapy & Relaxation

In a safe, supportive environment explore:

- ◆ *Self-discovery and acceptance*
- ◆ *Connection to others*
- ◆ *Finding strength*
- ◆ *Building trust*
- ◆ *Creating boundaries*





Mondays 10.30am-12.30pm (air conditioned)
12 February - 19 March 2018 (6 weeks)
At 55 Thornley St Leichhardt (cnr Cary Street)

Cost: \$60 (concession \$30)*

Payment is required on booking

**Fees negotiable if difficult to pay*



 lwchc  @lwchc www.lwchc.org.au

 **Leichhardt Women's**
COMMUNITY HEALTH CENTRE

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

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