

BODY CONFIDENCE CLASSES

Learn body movement techniques with a qualified instructor to build your confidence. Everyone welcome!



**EVERY MONDAY
(Starting 3 October)
11am - 12pm**

**At North Richmond
Community Health
Community Hub (The White
Tent)**



Free

**Places are limited, please book
in at the Community Hub (white
tent) or contact Nuraini on
0497 958 653**



north richmond
community health
Wulempuri - Kertheba

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