



Program dates for Term One 2019

Perth Metro area:

New Venue!

***Nedlands, Ramsay Health Plus Hollywood, Entrance 6,
Verdun Street Nedlands (near Kitchener Street).***

WEDNESDAY 6th Feb-27th March 2019 4.00-6.00pm.

Wanneroo Aquamation, Civic Drive Wanneroo.

THURSDAY 7th Feb– 28th March 2019 6.00-8.00pm.

Riverton Leisureplex, corner High and Riley Roads, Riverton.

FRIDAY 8th Feb-29th March 2019 12.00-2.00pm.

Regional:

Albany Health Campus, St John of God Hospital,

30 Warden Ave Spencer Park

WEDNESDAY 6th Feb-27th March 2019 4.00-6.00pm.

Join us for a free 8 week exercise program for people recovering from breast cancer treatment. To obtain your pack or make enquiries contact Robyn at the YWCA Australia (Perth):

Phone: 9440 3501, FREECALL 1800 305 150

Email: programs@ywcaperth.com.au

Helping you restore mobility, flexibility & confidence through exercise



**Department of
Health**