

Wellbeing Program for Carers



Come along and try a combination of :

Mindfulness: Simple tips & strategies to de-stress, be more present and calm the mind

Pilates: Gentle core strength and postural awareness

Nutrition: Tips for fueling your body with a balanced nutritious diet

Yoga: Full body strength, flexibility and relaxation

Meditation: Learn to focus your awareness on the present moment through the power of breath, to create a calm, content feeling

Body Balance: A fusion of Yoga, Tai Chi & Pilates, with movements performed to uplifting music

14 February 2018: Mindfulness + Pilates class	14 March 2018: Nutrition + Yoga class	11 April 2018: Introduction to meditation + Body Balance class
9 May 2018: Mindfulness + Pilates class	13 June 2018: Mindfulness + Body Balance class	Requirements: Loose comfortable clothing, closed footwear, towel

Venue: North Adelaide Fitness Centre, 2A Hawker St, Ovingham SA 5082

Time: 11:30am – 12:45pm **RSVP:** Please call 8245 7196 to register