



NEW FARM NEIGHBOURHOOD CENTRE

MOTIVATION TO MOVE +

**MAY 24TH
9:30AM-10:30AM
967 BRUNSWICK ST
NEW FARM**

JOIN US IN CELEBRATING EXERCISE RIGHT WEEK AT THE NEW FARM NEIGHBOURHOOD CENTRE. CENTRE DIETICIAN DORELLE AND GP DEBBIE WILL BE GIVING TALKS ON HEALTHY HABITS!

PLUS, LEARN AT-HOME EXERCISES FOR ALL FITNESS LEVELS FROM INSTRUCTOR SILVIE!