

CHAIR YOGA WITH JODIE

**7 WEEK ONLINE ZOOM COURSE
THURSDAYS 9.30M - 10.30AM
STARTING MAY 21ST**

*Strength & relaxation in a chair
For all ages & abilities*

WILMA
Women's Health Centre

ALL LEVELS WELCOME

BOOKINGS ESSENTIAL

please email wilma@wilma.org.au

For any enquiries or if you need help using ZOOM
please call (02) **4627 2955**