

# MUMS & BUBS YOGA WITH JODIE

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**7 WEEK ONLINE ZOOM COURSE  
TUESDAYS 10AM - 11AM  
STARTING MAY 19TH**

*Look after yourself & connect  
with your baby*

**WILMA**  
Women's Health Centre

**ALL LEVELS WELCOME  
BOOKINGS ESSENTIAL**  
please email [wilma@wilma.org.au](mailto:wilma@wilma.org.au)

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