

Parenting & Wellbeing Workshops

at The Infants' Home, 17 Henry St, Ashfield

Term 2, 2019



the infants' home
CHILD & FAMILY SERVICES

Pilates Wellbeing

A six week wellbeing workshop for women

**Thursdays, 9 May to 13 June (6 weeks)
10.00am–11.00am**

Course cost: \$40 (total cost for 6 weeks)
Child minding available for \$5.00 per family, per session

Facilitator: Lilian Sutila

The Pilates Program embraces mind-body connection. The benefits of this program can include lower stress levels, increased strength, flexibility, balance and coordination.

Please join us and become more aware of movement and how it can make us feel.

Please dress in comfortable clothing.

To register please contact:
Alicia Olleson 9799 4844 or
aolles@theinfantshome.org.au



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