

Pole Depot Carers Support Service

Relax & Unwind

This is a 10 session course delivered by a qualified Fitness Instructor.

The course includes slow warm up stretches to develop flexibility, followed by relaxation and breathing exercises.

Dates: Thursdays from 2nd February to 5th April, 2012

Time: 1:30 — 2:30 pm

**Venue: Pole Depot Community Centre
23 St Georges Road, Penshurst**

Cost: Free

This course is available to carers living in St George area.

RSVP by 27th January 2012.

For more information or to register, contact Cares Support Team on 9580 0688

23 St Georges Road Penshurst NSW 2222

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www.poledepot.org