



## Movement for Strength and Wellbeing Northbridge

Enjoy the benefits of a combination of fun movement and strength exercises designed to improve your overall functional health. Using light weights in order to build strength, we will help you to better perform everyday activities.

Please arrive 15 minutes early to the first session. Wear comfortable clothing, supportive closed shoes and bring a water bottle and towel.

Register for tickets: <https://www.trybooking.com/BYXSF>  
For more information email: [bookings@whfs.org.au](mailto:bookings@whfs.org.au)



womens health  
& family services

Movement for  
Strength and  
Wellbeing

Every Wednesday  
starting 4<sup>th</sup> of May

1.00 – 1.45pm

227 Newcastle St,  
Northbridge

\$10 per session

Women's Health and  
Family Services

[www.whfs.org.au](http://www.whfs.org.au)