



Exercise and Wellbeing

Explore how exercise can enhance your physical and mental wellbeing. Develop a resource list of innovative ideas for activity and movement, and discover how it can enhance your connection to others.

Lotteries House, Joondalup

Thur 21 July | 10am - 12pm



Learning Through Play

Together we'll explore ways to identify and achieve educational learning outcomes for your kids through play and fun.

Joondalup Family Centre

Mon 25 July | 10am - 12pm



Creating Balance in Recovery

Come with us on a journey of exploration to find a place of balance. You'll discover how to prioritise personal needs, self-care, and support in recovery.

Lotteries House, Joondalup

Thur 25 August | 10am - 12pm



Emotional Eating

Discover how emotions can impact your eating patterns. Explore various coping skills to help manage times of distress, and share stories of hope and inspiration.

Lotteries House, Joondalup

Thur 22 September | 10am - 12pm

Who can participate?

Everyone **over the age of 18** is welcome to attend

How do I enrol?

Please enrol online:
warecoverycollege.org.au/courses

How can I find out more?

Call 1300 285 751
Email info@warecoverycollege.org.au

What is the cost?

All courses are **free**.

Where are the courses held?

Lotteries House, 70 Davidson Terrace,
Joondalup, WA 6027

Joondalup Family Centre,
Activities Room,
25 Jolstra Crescent,
Joondalup, WA 6027



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