

# Gentle Exercise for Women



**Monday**

**12:30pm - 1:30pm**

**10th October to 12th December**

Do you want to get fit and healthy?

Come along to our new Gentle Exercise for Women program, run by a qualified Personal Trainer.

**Cost:** gold coin

**BOOKINGS ESSENTIAL** as limited spots are available, call 9831 2070



Blacktown Women's and Girls' Health Centre +



North West Sydney Women's Domestic Violence Court Advocacy Service

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