



Blacktown Women's and Girls' Health Centre

6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344

E: info@womensandgirls.org.au | W: www.womensandgirls.org.au

Belly Dancing

Wednesdays 12pm - 1pm



A class for all women of all ages and nationalities. Belly Dancing is known to aid in: muscle toning, improving posture and balance, strengthening arm muscle, weight loss, reducing stress, socialising, improving memory and sleep.

No experience needed , come join the fun!

Please call Reception on **9831 2070 to book your spot**

Please Note: There is no onsite parking for clients or visitors.