

When:

Mondays - 1pm to 2pm

Dates:

15 July to 16 September

Where:

Aquanation, Ringwood

Cost:

\$5 per person per session

Book:

www.trybooking.com/BDMTV

All carers welcome!

Pilates



ACTIVE CARERS

When:

Wednesdays - 12.30pm to 1.30pm

Dates:

17 July to 18 September

Where:

Aquanation, Ringwood

Cost:

\$5 per person per session

Book:

www.trybooking.com/BDMTY



Aqua Aerobics



Enquiries: Contact Frances at Interchange Outer East on 9758 5522 or familysupport@ioe.org.au