

- * Do you care for a son or daughter who has a disability or mental illness?
- * Would you like the opportunity to work out with other dads?
- * Physical exercise can help you reduce stress, improve your health & wellbeing, gain strength and feel better!

FREE FITNESS FOR DADS! SUITABLE FOR BEGINNERS!

WHEN: Fridays afternoons 5.30pm to 6.30pm

WHERE: Knox Leisureworks, Tormore Rd, Boronia

BOOKINGS & ENQUIRIES:

Erin on 9758 5522 or

erin.weegberg@ioe.org.au

DADSFIT

**BRING A WATER BOTTLE!
DRESS COMFORTABLY!**

Proudly supported by

