

# 'Bring It' Dance Classes

## AT

### The Rockhampton Women's Health Centre



**Wednesdays**

**20th November & 18th December**

**11am-12pm**

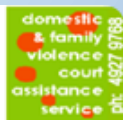
Here's a wonderful time to express yourself through dancing along with other women and it's a great opportunity to do something active. We ask that you "Bring It"...

- Bring your attitude
- An Open mind
- A friendly smile
- Water bottle
- And the desire to engage in positive healthy energy.

Classes run by a South African born, passionate dancer who loves any movement to music. She will be sharing a variety of female dancing styles for you to take at your own pace. Come and join in the fun!

**Please bring a gold coin donation for the use of the room**

**RSVP: 07 4922 6585**



**Queensland Government**

Department of Communities, Child Safety and Disability Services