



Free Sessions

A HEALTHY LIFESTYLE PROGRAM FOR ISLANDER COMMUNITIES VENUE: CQMA SHED 205, CQU NORTHSIDE CAMPUS ROCKHAMPTON.

Let me or Dawn (CQMA) know if you wish to join!

Available for Sat 8th October start

Saturdays 2:30pm to 4:00pm

8 week sessions To RSVP and for more information, please contact

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Healthier. Happier.

