

YOGA CLASSES

OPEN AGE GROUP

Chair Yoga classes for people Living In The St George Area.

Time: Every Thursday 11am till 12pm

Place: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

Starting from Thursday 7th February 2019

Booking is Essential. A small fee is applicable.

For more information please contact Ms Nelson for on 91507823 or

Email us on: cbdc@kcac.org.au



www.kcac.org.au

Kingsgrove Community Aid Centre Inc,
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