

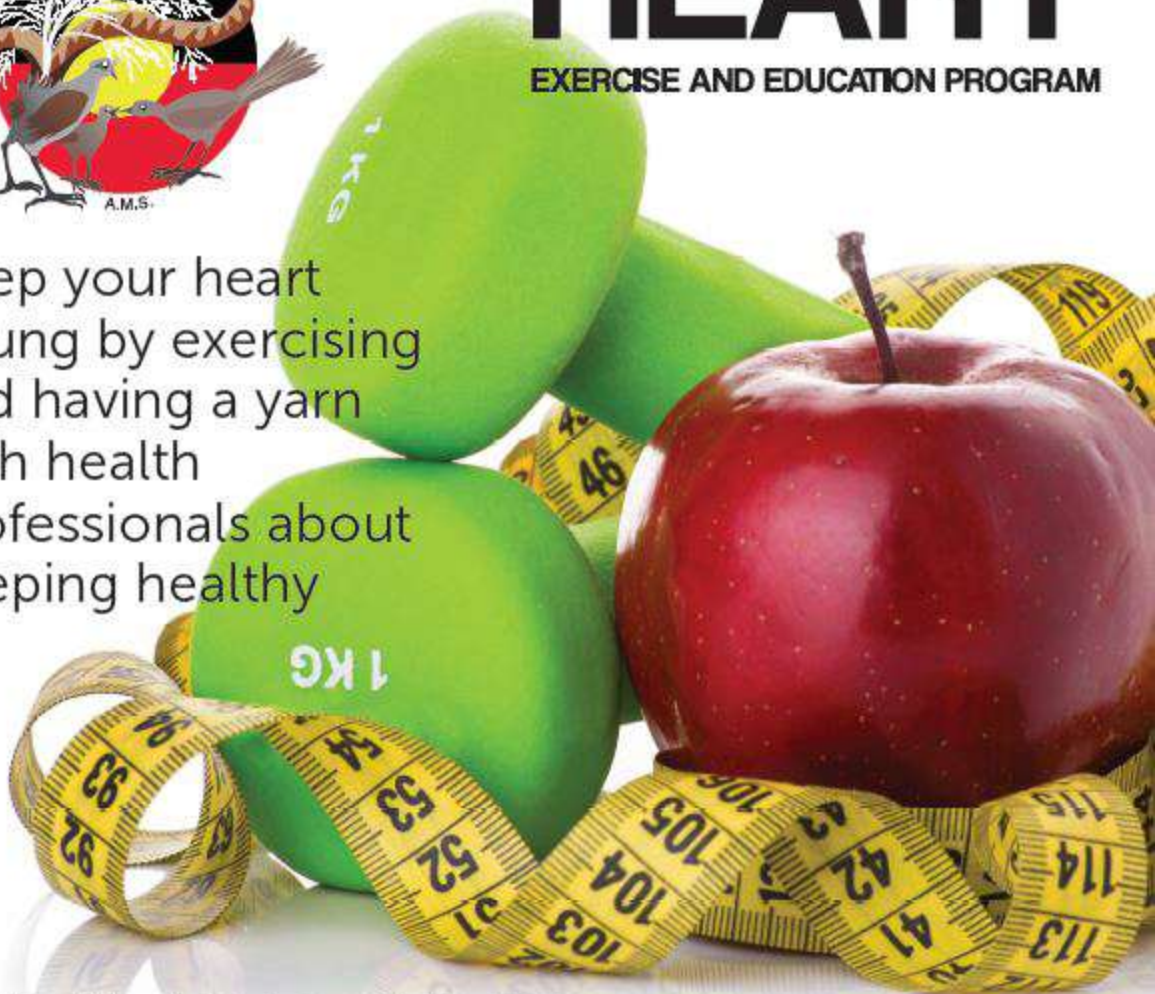
# YOUNG AT HEART



EXERCISE AND EDUCATION PROGRAM



Keep your heart young by exercising and having a yarn with health professionals about keeping healthy



## TUESDAYS

DURING THE SCHOOL TERM  
1.00PM - 2.30PM



THARAWAL COMMUNITY HALL 187 RIVERSIDE DRIVE, AIRDS 2560

**IN PARTNERSHIP WITH NSW HEALTH PROMOTION SERVICES SWSLHD**

For more information please contact lesha on

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For information on all of the programs held at Tharawal Aboriginal Corporation go to our website or Facebook page