

Celebrage

Warrnambool Seniors Festival 2019

Wellness Sessions



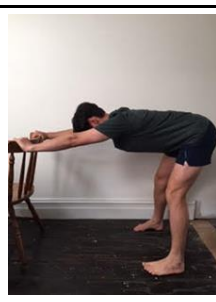
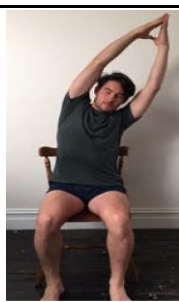
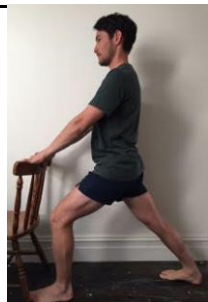
Let's Stretch

Michelle Steere will lead you through techniques to complement your usual strength workout to improve your flexibility, posture and general mobility. Includes standing, barre and floor exercise options.

Date/time: Tues 15 & Thurs 17 October
8.45-9.45am and 10am – 11am

Wed 16 & Fri 18 Oct 11.45am-12.45pm

Cost: \$6



Chair-based mindful movement

This session led by Yoshi Inada-Lane, Chiropractor and Yoga Instructor is about improving mobility and vitality through mindful breathing coupled with gentle movement

Date/time: Fri 18 Oct; 10.30-11.15am

Cost: \$6



Be Well, Breathe Well

Jacqui Eberbach, Osteopath and Acupuncturist will guide you through what it means to breathe well. Learn some simple breathing techniques that benefit your lung function and assist in good posture.

Date/time: Thurs. 24 Oct; 2pm for a
2.15pm start until 3pm

Cost: no charge



Sleep Easy

Bridget Lane, Chiropractor and Meditation Teacher, will share skills that you can use to improve your sleep. Experience easy to learn techniques that can settle you in for a good night sleep. Excellent for your wellness toolkit.

Date/time: Thu 31 Oct 2pm for a 2.15pm
start until 3pm

Cost: no charge

All Bookings: at Archie Reception or phone 5559 4920.