



Health, lifestyle and wellbeing programmes offered by Ottey Family & Neighbourhood Centre

2A South Lake Drive, South Lake WA 6164 Phone: 08 9417 2372

ABN: 76 044 823 633 Email: otteyfam@bigpond.net.au

Programme items for Term 3 2017

Note: all classes and activities are located at the Ottey Centre (address written above)

Program name	Zumba Gold with Elisa
Description	Popular and fun dance exercise group
Dates & Times	Date: Each Monday from 17 th July for Term 3, 2017 Time: 1 to 2pm
Contact Information	Call John Rich or Holly Barrett on 9417 2372
Price	FREE
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Program name	Line Dancing with Lesley
Description	Great music! Great moves....Fun exercise dance group
Dates & Times	Date: Each Monday from 17 th July for Term 3, 2017 Time: 6.45pm – 8.30pm <i>or</i> Date: Each Tuesday from 18 th July for Term 3, 2017 Time: 2pm to 3pm
Contact Information	Call John Rich or Holly Barrett on 9417 2372
Price	FREE
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Program name	Yoga with Karen
Description	Gentle yoga sequence with deep relaxation particularly oriented to those with special movement needs.
Dates	Each Wednesday from 19 th July for Term 3, 2017
Time	10am to Noon
Contact Information	Call John Rich or Holly Barrett on 9417 2372
Price	FREE
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Program name	Hatha Yoga with Karen
Description	Gentle Hatha Yoga classes including relaxation
Dates	Each Friday from 21st July for Term 3, 2017
Time	9.15am to 10.45am
Contact Information	Call John Rich or Holly Barrett on 9417 2372
Price	FREE
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Program name	Art Therapy with Shannon
Description	All about self-exploration and healing no prior art experience necessary
Dates	Each Wednesday from 19 th July for Term 3, 2017
Time	10am to Noon

Contact Information	Call John Rich or Holly Barrett on 9417 2372
Price	FREE
Program name	
Program name	Community Garden
Description	Garden working Bees! Anyone interested in gardening is welcome to come along. Get your hands dirty in some good soil!
Dates	Each Wednesday from 19 th July for Term 3, 2017
Time	10am to Noon
Contact Information	Holly Barrett on 9417 2372
Price	FREE
Program name	
Program name	Murdoch Chiropractic (New Patients welcome)
Description	Don't suffer those aches and pains, come along a see a Chiro! Free Chiropractic assessment and treatment
Dates	Each Wednesday from 19 th July for Term 3, 2017
Time	2 to 4pm
Contact Information	John Rich on 9417 2372
Price	FREE
Program name	
Program name	Nordic Pole Walking Group
Description	Enjoyable, easy and low stress walking activity with specially designed poles to support increased fitness. It suits everyone from seniors to younger person. Correct techniques are learnt from a qualified instructor. Support is given to the hips knees, legs and feet and it provides total body workout.
Dates	Each Thursday from 20 th July for Term 3, 2017
Time	9 to 11am
Contact Information	John Rich and Holly Barrett on 9417 2372
Price	FREE
Program name	
Program name	Social and Emotional Wellbeing Hour
Description	Each Thursday a new topic each week to discuss topics like stress management, depression, anxiety, anger management and other issues and topics.
Dates	Each Thursday from 20 th July for Term 3, 2017
Time	1 to 2pm
Contact Information	John Rich on 9417 2372
Price	FREE
Program name	
Program name	Mindfulness for Daily Living
Description	Theory and practise of mindfulness, supporting moment by moment awareness to enhance awareness in daily life.
Dates	Each Friday from 21st July for Term 3, 2017
Time	9.15 to 10.45am
Contact Information	Call John Rich on 9417 2372
Price	FREE