

LAUGHTER IS THE BEST MEDICINE

Laughter Yoga Workshop
for over 65s



Celebrate Mental Health Month 2019 with us! Join us for a Laughter Yoga workshop, followed by a catered lunch.

When

Thursday
24 October 2019
10:30 am to 2:00 pm

Where

Canterbury City Community Centre
130 Railway Parade,
Lakemba 2195

Cost: Free with lunch provided

Funded by: WayAhead Mental Health
Month Small Grants Program



For more information call **Alison** on **9750 9344**