

Healthy Minds

Healthy Lives

Promoting Strength behind struggle through

- Social Engagement
- Improving your health
- Enhancing your self confidence
- Self-care
- Accessing community Services & Activities

EVERY FRIDAY 1PM-2:30PM



**Are you under 65 years?
Living in North, West suburbs?**

FREE



PRONIA Headquarters: 7 Union Street, Brunswick 3056

Bookings are Limited: Contact Niki Fotias on (03) 9388 9998 or attend the venue on Friday 1.00- 2.30 pm

