



Water Exercise - \$3

There is support available to you to become more physically active.

Water exercise is a low intensity activity which supports mental wellbeing, promotes relaxation, stress reduction and pain relief.

Our water exercise sessions will be run by Mental Health First Aid Certified fitness providers in a positive, welcoming and safe environment. The Palm Beach pool is heated and has disability access available.

This session provides the opportunity for you to build your confidence to engage in physical activity and social connectedness.

Day/Cost	Time	Location	Contact
Wed	12pm – 12.45pm	Palm Beach Olympic Pool 1 Thrower Drive Palm Beach	Amanda Egginton M 0467 751 224 amanda.egginton@aftercare.com.au

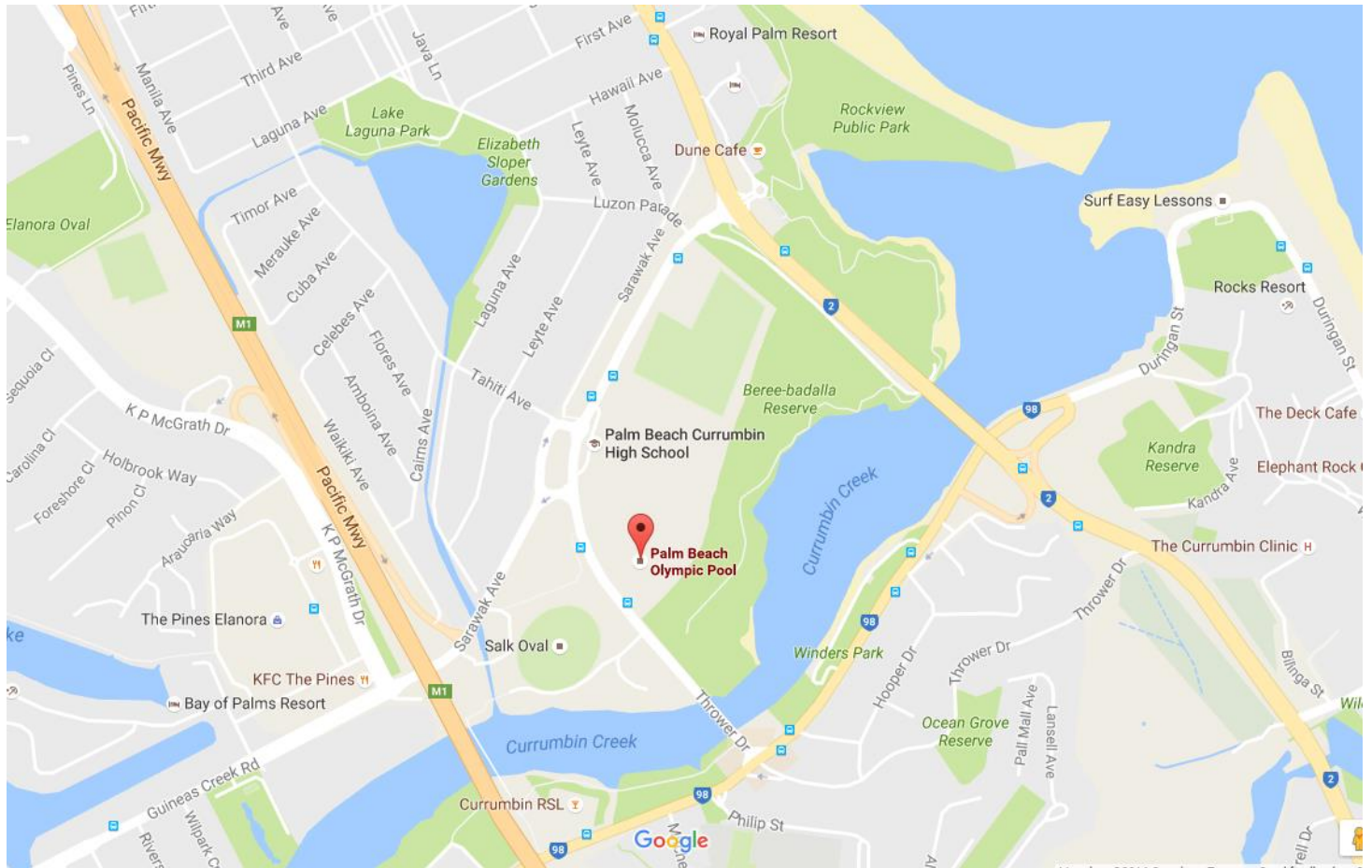
Running 2 blocks. You can start at any time during the blocks.

8th March – 29th March (4 weeks)

19th April – 31st May (8 weeks)



Palm Beach Olympic Pool is located in red on the below map.



Bus routes

- | | |
|---------------------------|--|
| Route 767 (Hourly) | Servicing Tugun Heights, Tugun, Currumbin, The Pines Elanora |
| Route 768 (Hourly) | Servicing Tweed Heads, John Flynn Private Hospital, Tugun, The Pines Elanora |
| Route 765 (30mins) | Servicing The Pines Elanora to Robina Town Centre |

