

Relax, Relax

Ballarat
Community
HEALTH
Centre

A program provided by Ballarat Community Health Centre to assist people to reduce the stress of daily life



Meet weekly and learn relaxation techniques to assist with the ups and downs of daily life.

Program for 1st Term 2010

- Ballarat North Community House 6 Crompton St Nth Ballarat
Phone Alison Coordinator 5329 1101 for bookings
- Dates Tuesday 9th February – 16th March. Time: 11am til 12 noon.
- Class sizes limited. Book to reserve your place.
- For further information please phone Marg Stangl, at Ballarat Community Health Centre. Ph: 5338 4500