

are you aged between 13-19?

**do you find gyms intimidating?**

**not confident using equipment?**

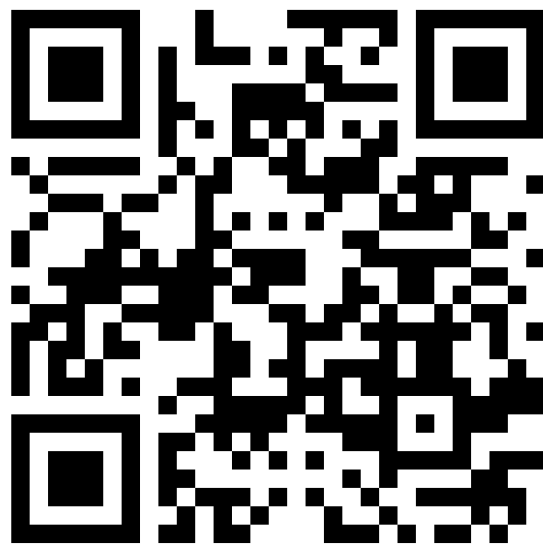
**or just don't know how to start with exercise?**

**we've got you!**

**join us for an interactive workshop**

**when: monday 7th april**

**time: 6pm-7:15pm**



**scan the QR code to learn more  
& register your interest!**



**headspace**  
Brookvale



**REBOUND**  
MOVE • EAT • LIVE • BETTER

