



Our friendly Accredited Exercise Physiologist, Dayn



move YOUR way!

Free | Supportive | No pressure

Want to move more but not sure where to start?

This small group is made from young people who:

- Want To exercise but feel to anxious for gyms
- Struggle with body image & need a safe, low-pressure space
- Like being active but can't afford a membership
- Want to train with an Accredited Exercise Physiologist (AEP)
- No loud crowds, limited mirrors & heaps of encouragement.
- Want to focus on what your body can DO and seeing real progress week to week 😊

When: Every Tuesday from 4pm to 5pm

Who: headspace clients aged 14+, all genders welcome!

Where: 22 Reid Promenade, Joondalup (Sanori House Suite 9 Black Swan Health)

Sign up

<https://forms.cloud.microsoft/r/598EWknbNC>



Come as you are. Move how you want.

Your pace, your way

