



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

headspace Joondalup is on Whadjuk Noongar land. We acknowledge the Traditional Owners of this country, and we pay our respects to their Elders past, present and emerging. headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.