



Move YOUR way!

Free | Supportive | Nopressure

Want to move more but not sure where to start? This small, supportive 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

We keep it **small, supportive** and **judgement-free** - no loud crowds, limited mirrors & heaps of encouragement.

****Riskwaiver required for all & signed by parent/guardian if under 18****

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.

Who People aged 14+, all genders welcome!

When Every Tuesday from 4pm to 5pm

Where

Sanori House Suite 9
Black Swan Health
22 Reid Promenade, Joondalup

Sign up

<https://forms.office.com/r/xs8hKqhQ> me

