

TGIF!



Are you a young person and looking for something extra to spice up your week?

headspace Maitland have got you covered! From the first Friday of June, we will be providing young people aged 12-25 with after school **FREE** activities ranging from cooking classes, to exercise, health & hygiene and some creative classes added in!

Chopped!

8 June 3.30pm—5pm

Create your own cookbook that aren't 2 minute noodles and do some taste testing

ZUMBA

15 June 4.30—5.30

That's right, move your body and learn some style whilst you're at it!

Treat yo'self

22 June 3.30pm—5pm

This workshop is all about taking time out to take care of yourself. We'll be including DIY facial scrubs!

Crafternoon

29 June 3.30pm—5pm

Wanna get crafty about setting some realistic goals? We'll look at fun ways to journal and map out your plans!

Contact:

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1000

Where:

headspace Maitland
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