2016 Health and Wellbeing Expo

10am - 2pm, Saturday 5 March 2016
Wallan Multi-Purpose Community Centre, 42 Bentinck Street

The 2016 Health and Wellbeing Expo will bring together sport, fitness and recreation, lifestyle, nutrition, holistic therapies, positive mental health and sexual health exhibitors.

A range of live demonstrations including healthy cooking, arts, dance, fitness and fun activities for everyone.

Free Classes:
10.30am - Spin
11am - Boxing
11.30am - Yoga
12.15pm - Seniors Strength
12.45pm - Metafit
Bookings are essential

FREE EVENT

Featuring:
• Healthy food available
• Mini health checks
• Bike and Blend smoothies
• Asian Interpreter
• Care attendant available
• Free jumping castle
• Plus many more fun exhibitions

For class bookings and enquiries, phone 5734 6200 or email jaala.freer@mitchellshire.vic.gov.au