



Penrith Women's
Health Centre
Established 1987

GROOVE AND FLOW DANCE



A SUPPORTIVE DANCE AND MOVEMENT SPACE FOR ALL
BODIES, FOSTERING COMMUNITY CONNECTION
AND HONORING EVERY WOMAN'S
INNER STRENGTH

TUESDAYS

TIME: 4PM - 5PM
STARTING 23RD SEPT

COST

\$10 PER SESSION **OR**
\$80 FOR 9 WEEKS

LOCATION

MELROSE HALL
169 GREAT WESTERN
HWY, EMU PLAINS



Facilitator: Jane, Dance Instructor

CALL TO BOOK YOUR SPOT
(02) 4721 8749