

# Exercise & Dance

*Exercise and dance classes for women from migrant and refugee backgrounds.*

## FREE CLASSES

### WEDNESDAYS

(during school term)

Starting 19<sup>th</sup> July 2023

10.30am - 11.30am

### Where:

Nepean Multicultural Access  
29 Swanston Street, St Marys NSW

Building 5, St Marys Community  
and Cultural Precinct

### Facilitator

Jrisi, Dance Movement for  
Fitness Instructor

**Booking is essential as  
capacity is limited.**



To book please contact:

PWHC Reception

**(02) 4721 8749**

**hello@pwhc.org.au**

or, Shahnaz at NMA

**(02) 9833 2461**