



FREE | ALL WELCOME

NSW SENIORS FESTIVAL CULTURE & CARE

FEEL CONNECTED TO CULTURE, MIND & BODY



Wednesday
28 April 2021
11 am - 2 pm



Kogarah School
of Arts
Cnr Queens Ave &
Bowns Rd, Kogarah



Featuring:
Zumba
Belly Dancing
Wellbeing
Workshop
Cooking Class

**BOOK YOUR
PLACE**

Find out more about this
fantastic day and book your
place online [here](#)

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Have a question?

Call us on 8580 0628 or send us an email on info@share.org.au



NSW SENIORS FESTIVAL CULTURE & CARE

EVENT PROGRAM

11.00 am - 11.15 am	Welcome
11.15 am - 11.30 am	Zumba Class
11.30 am - 12.00 pm	Belly Dancing
12:00 pm - 12.30 pm	Wellbeing Workshop for Seniors
12:30 pm - 1.00 pm	Cooking Class with a Dietitian
1.00 pm - 2.00 pm	Delicious & Healthy Social Lunch

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