

Group Wellbeing Programs Schedule: 2024

MONDAY		Look Good Feel Better	Restorative Flow Yoga	Tai Chi or Qigong
	Facilitator	LGFB Volunteers	Kaye Oakley	
	Times	Monthly: 10am - 12pm	Weekly: 10am, 11.30	5 Week series:TBA(register interest)
	Location	Pavilion	Verandah Studio	Verandah Studio
	Fees	FREE	\$15 / class	
TUESDAY		Creative Wellness	Clinical Pilates	Early Breast Cancer Group
	Facilitator	Fiona Fitzpatrick	Natasha Cauchi	Jenny Phillipson
	Times	5 Week Program x 4 yearly	Starting April 12.00pm-1pm	8 Week Program x 4 yearly
	Location	Verandah Studio	Verandah Studio	The Pavilion
	Fees	FREE	\$55 / class	FREE
WEDNESDAY		Standing Strong Exercise Class	Wellbeing Walk	Metastatic Breast Cancer Group
	Facilitator	Anna Louise-Moule	Volunteers	Jenny Phillipson
	Times	Weekly: 9.30am	TBA	2nd Wed of month 10.30-12:00pm
	Location	Verandah Studio	Local Area	The Pavilion
	Fees	\$38 / class	FREE	FREE
THURSDAY		Group Guided Meditation	Restorative Flow Yoga	Clinical Pilates
	Facilitator	Caroline Bernardi	Kaye Oakley	Natasha Cauchi
	Times	Weekly: 9.15-10.30am, 10.40-12pm	Weekly: 7.45am, 9am, 11am	TBA
	Location	The Pavilion	Verandah Studio	Verandah Studio
	Fees	\$10/class	\$15 / class	\$55 / class
FRIDAY		Standing Strong Exercise Class	Contact Us for Information and Registrations Phone: 99237246/0407222936 Email: admin.materwellbeing@svha.org.au Scan QR Code to register/book online Visit our website at svph.org.au/MaterCFW	
	Facilitator	Brendan Cummins		
	Times	Weekly: TBA		
	Location	The Verandah		
	Fees	\$38/class		

Some Group Programs & Support Groups vary in their deliver, whilst others are offered weekly or monthly. Please contact us or consult our online calendar for current dates and times. Registrations are essential for all group programs and cater only to Mater Cancer
Fees are current as at January 2024 and are subject to change. Please confirm our current fee schedule upon booking