

Group Wellbeing Programs Schedule: 2026-2027

The Kay Van Norton Centre
for
Wellbeing

MONDAY		Look Good Feel Better	Restorative Flow Yoga	Tai Chi
	Facilitator	LGFB Volunteers	Kaye Oakley	Prof. Byeongsang Oh
	Times	Bi-Monthly: 10am - 12pm	Weekly: 9.45am, 11.30am	Weekly: 1.00pm
	Location	Pavilion	Verandah Studio	Verandah Studio
	Fees	FREE	\$18-20/class	\$18/class
TUESDAY		Creative Wellness	Group Exercise Class	Early Breast Cancer Group
	Facilitator	Fiona Fitzpatrick	Brendan Cummins	Jenny Phillipson
	Times	4 Week Program x 3 yearly	1.00pm-1.45pm	8 Week Program x 4 yearly
	Location	Verandah Studio	Verandah Studio	The Pavilion
	Fees	FUNDED BY FRIENDS OF THE MATER	10 week program/\$350 enquire HF claimable)	FREE
WEDNESDAY		Group Exercise Physiology	Men's Strength & Support Group	Monthly Breast Cancer Support Groups
	Facilitator	Cordelia Symes	Jenny Phillipson & Brendan Cummins	Jenny Phillipson
	Times	Weekly: 10am & 11am	Commencing: 21st October 12.00 midday- 1.30pm	10.30am-12.00 (2nd Wed Metastatic Support Group) & (4th Wed Early Breast Cancer Continued Support Group)
	Location	Verandah Studio	Verandah Studio	Pavilion
	Fees	\$350 10 class pass (enquire HF claimable)	\$100 for 4 week program	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: 9.45am, 11.00am	TBA
	Location	The Pavilion	Verandah Studio	Verandah Studio
	Fees	\$10/class	\$18-20 per class	TBA
FRIDAY		Standing Strong Exercise Class	Nutrition Series	Contact Us for Further Information and Registrations
	Facilitator	Lilly Grant	Jane Freeman	Phone: 99237246/0407222936
	Times	10.00am	3 week program 3 x yearly	Email: admin.materwellbeing@svha.org.au
	Location	The Verandah	The Pavilion	Scan QR Code to register/book online
	Fees	\$350 10 class pass (enquire HF claimable)	FUNDED BY SYDNEY BREAST CANCER FOUNDATION	Visit our website at svph.org.au/MaterCFW



Some Group Programs & Support Groups vary in their delivery, 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.

Fees are current as at September 2026 and are subject to change. Please confirm our current fee schedule upon booking