

Group Wellbeing Programs Schedule: 2025

MONDAY		Look Good Feel Better	Restorative Flow Yoga	Standing Strong Exercise Class
	Facilitator	LGFB Volunteers	Kaye Oakley	TO BE CONFIRMED
	Times	Monthly: 10am - 12pm	Weekly: 10am, 11.30	Weekly class in afternoon
	Location	Pavilion	Verandah Studio	Verandah Studio
	Fees	FREE	\$15 / class	
TUESDAY		Creative Wellness	Clinical Pilates	Early Breast Cancer Group
	Facilitator	Fiona Fitpatrick	Natasha Cauchi	Jenny Phillipson
	Times	5 Week Program x 3 yearly	1.15pm	8 Week Program x 4 yearly
	Location	Verandah Studio	Verandah Studio	The Pavilion
	Fees	FREE	10 week program/\$520 enquire HF (claimable)	FREE
WEDNESDAY		Standing Strong Exercise Class	Wellbeing Walk	Metastatic Breast Cancer Group
	Facilitator	Anna Louise-Moule	Volunteers and special guests	Jenny Phillipson
	Times	Weekly: 9.30am	Monthly: morning TBA	2nd Wed of month 10.30-12:00pm
	Location	Verandah Studio	Local Area - commencing Feb 19th	The Pavilion - commencing Feb 12th
	Fees	\$380 10 class pass (rebate may be avail HF)	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	12.30pm
	Location	The Pavilion	Verandah Studio	Verandah Studio
	Fees	\$10/class	\$15 / class	\$520 for 10 class pass(rebate may be avail HF)
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	10.00am		
	Location	The Verandah		
	Fees	\$350 for 10 class pass(rebate may be avail HF)		

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 December 2024 and are subject to change. Please confirm our current fee schedule upon booking