



PAYNEHAM RSL VETERANS CENTRE

EXPRESSIONS OF INTEREST

The Payneham RSL Veterans Centre is in the final phase of the creation of some well-being activities. What we would like to know is if there would be any interest in a Yoga Program, run out of the Payneham RSL, in Partnership with Frontline Yoga.

This activity will be conducted on Thursdays at the Payneham RSL and will be limited to 20 members. It will be open to all Veterans and their partners, at a cost of \$10 per session.

You will need to provide your own Yoga mat and a sense of humor for these sessions



Once we have numbers, we will organise the sessions for this event, and provide a program via the Payneham RSL Facebook Page (PaynehamRSLOffical).



SO, please let the Centre know via the contact details provided below if you are interested in such events, or if you have any events you would like us to look at (within reason of course!).

Ph: 08 8337 1111

Email: payneham.welfare@gmail.com

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