

Dance Movement Therapy

Dance Movement Therapy works to improve social skills, as well as relational dynamics amongst clients to better improve their quality of life. Through these sessions clients can gain a deeper sense of self-awareness through movement, motion and realisation of their body. They are also able to express themselves non-verbally to release emotions stored in the body and to discover joy, fun and pleasure in the free expression of their bodies and simultaneously fostering social inclusion and connection.

Other benefits include increased muscle tone, improved eye hand co-ordination and right/left brain integration.

You usually remain in your seat and the instructor is extremely mindful of individual needs and limits.

If you would be interested in participating in one of these classes we have a experienced instructor that would be keen to come along and teach you.

Please register your interest with Andrea in the Office.

Café 55

Why not come along and enjoy one of our famous lunches.

Served between
12pm—1pm

Book by phoning
9752 2232 by 11am

Treena Williams Massage & Beauty Therapist Mobile: 0439 510 245

Massage and beauty available at the Centre every Monday with Treena. Why not make an appointment and enjoy being pampered!!



**South West Districts Competition
Indoor Bowls Silver Medal Winners
Kaye Pool, Santa Futia, Rose & Winston Jones**



**South West Districts Competition
Indoor Bowls Bronze Medal Winners
Elaine Treen, Shayne Barrett, Isabell Priestley, Merv Jesnoewski**