

SUPPORTING WOMEN OF COLOUR

To be happier and healthier through a physical activity program.

ملتقى السيدات العربيات 

We are inviting Women from Arabic background who are looking for a safe and inclusive space to learn about their health, get active, or expand their social circle.

Our Weekly Active sessions are the perfect opportunity for you to improve your physical, mental and social well-being

يللا نتحرك حبيبتى

When: Every Thursday at 10h30 am

Where: Saltwater Community Centre

153 Saltwater Promenade, Point Cook VIC

For further information, please contact Imane on :0490 058 968 or imane@adec.org.au

Registration is Essential

*The sessions are **free** of cost to the community members.*



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