

HEALTHY LIFESTYLE WORKSHOPS & SHORT COURSES - 2021 DRY SEASON

Helping you make the most of the Dry Season!

\$5

*These sessions have limited places. **Contact the**

instructor to book your spot!

Running Skills 6 sessions, consecutive weeks Lucy - 0405 604 112 or Marrara Running Track eo@nt.triathlon.org.au Wednesdays Abala Road, Marrara 4:45-5:30pm (under 10yr olds), 5:30-6:45 (10yr olds and above, incl. adults) 07 April – 12 May Cardio Tennis^{*} 6 sessions, consecutive weeks \$5 Simon - 0417 812 732 Gardens Tennis Club or <u>slavers@tennis.com.au</u> Wednesdays Gilruth Avenue, 5:30-6:30pm The Gardens 07 April – 12 May Learn Meditation Workshops* 2 sessions Gold Kalindi - 0421 710 983 Casuarina Library Meeting coin or <u>darwin@asmy.org.au</u> Saturdays Room, Bradshaw Terrace, 1:30-4:00pm Casuarina 10 April, 10 July Breathwork Meditation Short Course* 6 sessions, consecutive weeks \$10 Carole - 0412 543 205 or Cullen Bay or online info@balanceforlife.com.au Wednesdays (details upon booking) 6:30-7:30pm 21 April - 26 May Walk & Talk All Things Food* 6 sessions, last Friday of each month \$5 Jingili Regional Playground Julie - 0417 865 854 or health4lifewm@bigpond. Fridays Jingili Water Gardens 30 April, 28 May, 25 June, 30 July, 27 August, 24 September 9:00-10:00am Laughter Wellness Workshops 5 sessions, first Wed. of each month May-Sept Free



Sunset Park, Wednesdays Nightcliff Foreshore 5:15-6:00pm 05 May, 02 June, 07 July, 04 August, 01 September

<u>stacie@hyperclown.com</u>

\$5

Тгу fun new activities & learn new skills

Wednesdays 5:00-5:45pm 05 May - 09 June

HIT Cricket^{*} 6 sessions, consecutive weeks DXC Arena (Marrara Cricket Ground) Abala Road, Marrara

All fees are per person, per session

Simon - 0417 812 732 or info@pintcc.com.au

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Healthy Darwin