

Stepping into Wellness 2020

Stepping into Wellness is a free, six-week gentle exercise program for women who have experienced breast or a gynaecological cancer. Women are supported to experience different types of exercise and to find ways to continue to exercise in their local communities. Programs are led by qualified and experienced fitness instructors.

Area	Dates	Venue
Term 2 – May - June		
Frankston	Mondays May 11, 18, 25, June 1, 15, 22. (No class Mon 8 June) 1.30 – 3.00pm	Input Fitness Frankston 224 Cranbourne Rd Frankston Register by: Monday 4 May
Broadmeadows	Wednesdays May 13, 20, 27, June 3, 10, 17 1.30 – 3.00pm	Broadmeadows Aquatic and Leisure Centre 41-85 Tanderrum Way Broadmeadows 3047 Register by: Wednesday 6 May
Term 3 – August – September		
Werribee	Wednesdays August 12, 19, 26 September 2, 9, 16 1.30 – 3.00pm	Eagle Stadium 35 Ballan Rd Werribee 3030 Register by: Wednesday 5 August
Nunawading	Thursdays August 13, 20, 27 September 3, 10, 17 1.30 – 3.00pm	Aqualink Nunawading Fraser Place Forest Hill Register by: Thursday 6 August
Term 4 – October – November		
Dandenong	Tuesdays October 13, 20, 27, November 10, 17, 24 (No class Tues 3 Nov) 1.30 – 3.00pm	Dandenong Oasis Cnr Heatherton Rd and Cleeland St, Dandenong Register by: Tuesday 6 October
Greensborough	Wednesdays October 14, 21, 28, November 11, 18, 25 (No class Wed 4 Nov) 1.30 – 3.00pm	WaterMarc 1 Flintoff Street Greensborough Register by: Wednesday 7 October

For further information or to enrol in the Stepping into Wellness program please contact:

Counterpart Resource Centre

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Stepping into Wellness is proudly supported by Pink Affair



Counterpart is a service of Women's Health Victoria and is supported by the Victorian Government.