

# FAIRFIELD WOMEN'S HEALTH SERVICE

## YOGA CLASSES



**Every Friday morning  
2nd February 2024 - 5th April 2024**

**Yoga for Managing Stress: 9:30 am - 10:15am  
Yoga in a Chair: 10:20am - 11:05am**

**Location: at FWHS - Cabramatta site**

**Limited numbers. Booking required.  
Please call 02 9794 0150 for registration**



Fairfield  
**Women's**  
health service