



FREE
MENTAL
WELLBEING
PROGRAM

VIRTUAL 4 WEEK WELLBEING WORKOUT

EVIDENCE-BASED EXERCISE PROGRAM TARGETING YOUR
MENTAL HEALTH

Each 2 hour, psychologist-designed session combines education with exercise. Learn how to start and sustain an exercise routine, what to do when the going gets tough and how to overcome barriers.

Includes:

Unlimited access to our Circuit and Yoga classes

FREE at home workout equipment

Track your progress with pre & post-program wellbeing surveys

Adults- Saturdays 10.15-12.15pm
20, 27 Nov & 4, 11 Dec

People with a Disability- Fridays 10-12pm
4, 11, 18, 25 February 2022

Suitable for those who can participate in light exercise standing up

Youth- Saturdays 10-12pm
5, 12, 19, 26 February 2022
Suitable for 16-24 year olds

Burwood Council residents get early access.

Click [HERE](#) to register or contact 0412 190 842 / info@moodactive.org.au

This program is offered free thanks to
Burwood Council and Multicultural NSW

