

What's on in June 2022

Tuesday	Wednesday
31 May 10.30am - 11.15am Social Walk	1 June 10.00am – 11.00am Yoga (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
7 June 10.30am - 11.15am Social Walk 1.00pm - 1.45pm Mindfulness (BYO pillow & blanket)	8 June 10.00am – 11.00am Yoga (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
14 June 10.30am - 11.15am Social Walk 1.00pm - 1.45pm Mindfulness (BYO pillow & blanket)	15 June 10.00am – 11.00am Yoga (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
21 June 10.30am - 11.15am Social Walk 1.00pm - 1.45pm Mindfulness (BYO pillow & blanket)	22 June 10.00am – 11.00am Yoga (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections
28 June 10.30am - 11.15am Social Walk 1.00pm - 1.45pm Mindfulness (BYO pillow & blanket)	29 June 10.00am – 11.00am Yoga (BYO pillow & blanket) 1.00pm - 3.00pm Cuppa Connections

Open Tuesdays and Wednesdays 10.00am - 3.00pm

Bookings essential: <https://smct.org.au/ccwevents> or contact the Centre on (03) 8772 6111 or email care@smct.com.au

The Centre for Care and Wellbeing is located at Third Drive, Springvale Botanical Cemetery, 600 Princes Highway, Springvale