



AN AFTERNOON OF LEARNING AND FUN

For people who have sustained a brain injury, family members, caregivers, rest home and agency staff, or anyone who wants to join in.

MOVE TO HEAL

**Belinda Goodwin, a Nia tutor, will present
An approved Strong and Stable class combining standing, or sitting with joyful music and movement. Helpful for building strength and balance.**

Brain Injury Waikato Tuesday 17 November 2020

2.00 pm – 3.15 pm

8 Keddell St, Frankton Hamilton

GOLD Coin donation

Thank you

Contact Marion 07 974 4592 mobile 022 128 4154

Or Robin 07 839 1191 to register your booking

admin@braininjurywaikato.org.nz

