



WILMA  
WOMEN'S  
HEALTH  
CENTRE

# **FIT, FUN & FAB OVER 50'S**

**Starts Thursday, 9 February  
9.30 am to 11.30 am  
(31 Emerald Drive, Eagle Vale)**

Make friends and improve your fitness in this exercise and social group for senior women.

**Cost: Free  
Bookings Essential**

**Funded by The Department of  
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