

Wellness through Fun

Class: Thursdays

Time: 12.30pm – 1.30pm

Cost: \$90

Term: 7 Weeks

About the Class: Tutor Led

Unlock your inner joy and creativity with “Wellness through Fun,” a course designed to infuse more fun, creativity, and connection into your life! Join us on a dynamic journey filled with engaging activities and games that will enhance your creativity and bring more laughter into your day.

Led by Theresa Perry, Holistic Life Coach and Tai Chi Meditation teacher. Each session is crafted to help you explore new ways to experience joy, foster meaningful connections, and ignite your creative spirit. From playful exercises that stimulate your brain to meditative practices that ground your energy, this course offers a holistic approach to living a more vibrant, playful life.

Whether you’re looking to break free from routine, discover new passions, or simply have a great time, this course is your gateway to a more fun and connected life. Come laugh, play, and grow with us – your adventure in joy awaits!

There may be a small fee for additional materials.

What to bring:

- Bottle of water
- Sense of curiosity and playfulness 😊





Baulkham Hills | 390 Windsor Rd, Baulkham Hills NSW 2153 | 02 9639 8620
Rouse Hill | Rouse Hill Town Centre, Civic Way, Rouse Hill NSW 2155 | 02 9629 6038
Balcombe Heights Estate | Learning in the Hills, Balcombe Heights Estate
92 Seven Hills Road, Baulkham Hills NSW 2153 | 02 9639 7918
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Learning in the Hills is a project of Hills Community Aid.
The leisure learning program provides a range of tutor-led and social groups, classes for residents in north western and western Sydney.

Location

Classes are held at Learning in the Hills, Balcombe Heights Estate
92 Seven Hills Road Baulkham Hills. Turner Buildings 4 & 5

Phone: 9639 7918 **Email:** learninginthehills@hca.org.au

