



# Cultivating Cultural Wellbeing

## 20th August 2019

Centacare Social Wellbeing Hub would like to invite you to celebrate Queensland Seniors Week. Please join us on for a day as we...

### Celebrate Queensland for all Ages



9.00 - 10.00 am **Morning Tea**

10.00 - 10.30 am **The Rhythms of my Land**

10.30 - 11.30 am **Happy Pain Yoga for Seniors**

11.30 - 12.00 pm **煌 FUN Japanese Yosakoi Dance**

12.30 pm **Lunch**



**PLEASE  
RSVP BY  
Tuesday  
6 August**

**Centacare Social Wellbeing Hub**  
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