

**LIVERPOOL  
CITY  
COUNCIL**



**NSW  
YOUTH WEEK  
2018**



# Celebrate Your headspace Youth Fitness Challenge

Calling all Youth to come and join headspace Liverpool for a fitness class like no other, using weighted drum sticks for a super fun workout.

**FREE LUNCH and FREE headspace SHOWBAG for every participant! PLUS a Prize for Best Dressed GREEN Active wear!**

## **Date:**

Wednesday 18th April 2018

## **Time:**

11.30am - 2.00pm (fitness class will run from 11.30am—12.30pm, Lunch and Tips for a Healthy headspace workshop afterwards)

## **Where:**

Crunch Fitness Liverpool, 48—52 Scott St Liverpool NSW

## **For Registration:**

Please register for this fabulous FREE event by Friday 14th of April by phoning (02) 8785 3200 or email [Nadine.komis@benevolent.org.au](mailto:Nadine.komis@benevolent.org.au)