

# Knox carers exercise group

**Do you live, work or play in Knox City Council  
and provide unpaid care for a family member  
who lives with a disability or Mental illness?**

This one hour Flow and Tone class is a mixture of Tai Chi, Pilates and Yoga moves and concludes with 5 - 10 minutes of guided relaxation

## **Term Four 2022**

Runs for 11 weeks: 5th October - 14th December 2022.

Knox Leisureworks, 35 Tormore Road, Boronia 3155.

Wednesdays at 12:30pm

### **Bookings essential**

Contact [Belinda.Carney@knox.vic.gov.au](mailto:Belinda.Carney@knox.vic.gov.au)

**Beginners  
welcomed**

**Free  
for carers**

Knox Leisureworks require patrons to follow the Chief Public Health Officers orders. Social distancing and mask requirements as directed.