

Shine & Nurture Mums

Mothers exercise & wellbeing talk with Beverly Carter

Tuesday 3rd July 12.30pm
Woollahra Library

Are you looking for a way to exercise that will nurture and support your body after having a baby?

In this interactive presentation Beverly Carter will bring her unique and loving approach to exercise and wellbeing in a talk that will support all mothers.

Covering every aspect of wellbeing, exercise, self-love, strengthening, personal development and community, this approach is sustainable and can bring a rhythm of true exercise into your daily life, one that continues to support a deepening relationship with the body.



Cost: \$20 | Time & Date: Tuesday 3rd July 12.30-1.30pm
Woollahra Library Level 1 / 451 New South Head Rd, Double Bay, 2028

Book online at itstimetoshine.com.au or text 0414 415 902