

*it's gonna be a*  
**CONNECT  
FEST** **OCT 2021** QUEENSLAND  
SENIORS  
MONTH



**FREE Healthy Moves Program (4 weeks)**

**When:** Thursday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> October 2021

**Date:** 11:00am-12:00pm

**Where:** The Hills District Community Centre –  
291 Dawson Parade, Arana Hills

**Contact:** Craig James

**E:** [cjames@ballycara.com](mailto:cjames@ballycara.com)

**P:** 1300 272 222



**BOOK NOW**



*Suitable for individuals 55years +*

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