A fun session for parents and their kids under 5 – yes bring them along for some little exercises, games and tips on lightening up and enjoying your role as Mum or Dad.

We also have childcare if you need a break – but it must be booked prior, so give us a ring!

Tuesday 28 March
10:00am to 11:30am
Wyndham Medical Centre
Level 1, 242 Hoppers Lane
WERRIBEE, 3030

IMPORTANT: Bring a pillow and a pair of socks for you and your child