

FREE MEN'S YOGA

October 8, 15, 22 & 29 @ 5.30pm
Lorne Community House



A yoga class just for men!

Improve your flexibility and strength,
enjoy an hour of exercise & catch up with other blokes.

Come along to all four classes or just one.
Book online at: www.trybooking.com/BEOSU

MIND YOUR MENTAL HEALTH

Mental Health Month



GREAT OCEAN ROAD
HEALTH