



## Be Positive Program With Michaela & Doreen Come & Join The Fun!

The Brewarrina ACFC are offering a Be Positive Program up until Thursday 15<sup>th</sup> December 2022. The program is encouraging all women that love and care for children aged between 0-5yrs, as a way to embrace and enhance an holistic healthy lifestyle.

Here at the Brewarrina ACFC, we feel that this is a great way to highlight the importance of health in our community, and this program is a simple step towards creating that wonderful space.

The Brewarrina Aboriginal Medical Service (BAMS), and Brewarrina Shire Council are proud supporters of the Be Positive Program, being delivered by Michaela Skuthorpe, and Seventh Day Adventist Church Doreen Waites.

**BAMS recently shared:** "Exercise not only changes your body, it also changes your mind, attitude and your mood ..."

Come join the fun!



### "Be Positive" Classes with Michaela & Doreen:

**When:** Tuesday's & Thursday's  
**Time:** 6am to 7am  
**Where:** The Geoff New Oval, Brewarrina

### Want To Get Involved & Support?

Reach out to Michaela between 9am-4pm daily at the Centre on 02 6839 2727