



# Keeping your Body well for Gardening

**Tuesday 25 September 1pm to 2pm**

Talk and demonstration on exercises and tips for keeping your body mobile and pain free for gardening.  
\$4 followed by light afternoon tea.

**Presenter: Shannan Davis**  
*Coordinator Paralowie Garden & Yoga Instructor*

**Location: Jack Young Centre (JYC) Library**  
1 Orange Avenue, Salisbury

**Bookings essential: 8406 8225 or JYC Reception**

