

MOVE FOR MENTAL HEALTH

Suitable for all levels, this exercise session is a 45-minute body weight blast! Get moving for mental health awareness week. Limited spaces – email deni.zawalski@qldc.govt.nz to book.

WHERE

Queenstown Events Centre Oval

WHEN

Saturday 2 October 12-12.45pm
(weather dependent)

**FREE
OUTDOOR
EXERCISE
SESSION**

Alpine Health & Fitness

QUEENSTOWN LAKES DISTRICT COUNCIL

Queenstown Events Centre | Joe O'Connell Drive, Frankton
T 03 450 9005 | E qec@qldc.govt.nz | W qldc.govt.nz/recreation