Group Wellbeing Programs Schedule: 2025

The Kay Van Norton Centre

	Look Good Feel Better	Restorative Flow Yoga	Standing Strong Exercise Class
Facilitator	LGFB Volunteers	Kaye Oakley	TO BE CONFIRMED
Times	Monthly: 10am - 12pm	Weekly: 10am, 11.30	Weekly class in afternoon
Location	Pavilion	Verandah Studio	Verandah Studio
Fees	FREE	\$15 / class	
	Creative Wellness	Clinical Pilates	Early Breast Cancer Group
Facilitator	Fiona Fitpatrick	Natasha Cauchi	Jenny Phillipson
Times	5 Week Program x 3 yearly	1.15pm	8 Week Program x 4 yearly
Location	Verandah Studio	Verandah Studio	The Pavilion
Fees	FREE		FREE
	Standing Strong Exercise Class	Wellbeing Walk	Metastatic Breast Cancer Group
Facilitator	Anna Louise-Moule	Volunteers and special guests	Jenny Phillipson
Times	Weekly: 9.30am	Monthly: morning TBA	2nd Wed of month 10.30-12:00pm
Location	Verandah Studio	Local Area - commencing Feb 19th	The Pavilion - commencing Feb 12th
Fees	\$380 10 class pass (rebate may be avail HF)	FREE	FREE
	Group Guided Meditation	Restorative Flow Yoga	Clinical Pilates
Facilitator	Caroline Bernardi	Kaye Oakley	Natasha Cauchi
Times	Weekly: 9.15-10.30am, 10.40-12pm	Weekly: 7.45am, 9am, 11am	12.30pm
Location	The Pavilion	Verandah Studio	Verandah Studio
Fees	\$10/class	\$15 / class	\$520 for 10 class pass(rebate may be avail HF)
	Standing Strong Exercise Class	Contact Us for Information and Registrations	
Facilitator	Brendan Cummins	Phone: 99237246/0407222936	
Times	10.00am	Email: admin.materwellbeing@svha.org.au	
Location	The Verandah	Scan QR Code to register/book online	
Fees	\$350 for 10 class pass(rebate may be avail HF)	Visit our website at svph.org.au/MaterCFW	
	Times Location Fees Facilitator Fees Facilitator Facilitator Fees Facilitator Fees Facilitator Fees Facilitator Fees Facilitator Fees Facilitator Times Location Fees Facilitator	FacilitatorLGFB VolunteersTimesMonthly: 10am - 12pmLocationPavilionFeesFREECreative WellnessFacilitatorFiona FitpatrickTimes5 Week Program x 3 yearlyLocationVerandah StudioFeesFREEStanding Strong Exercise ClassFacilitatorAnna Louise-MouleTimesStanding Strong Exercise ClassFacilitatorAnna Louise-MouleTimesStanding Strong Exercise ClassFacilitatorAnna Louise-MouleTimesWeekly: 9.30amLocationVerandah StudioFees\$380 10 class pass (rebate may be avail HF)Group Guided MeditationGroup Guided MeditationFacilitatorCaroline BernardiTimesWeekly: 9.15-10.30am, 10.40-12pmLocationThe PavilionFees\$10/classFacilitatorBrendan CumminsTimes10.00amLocationThe Verandah	FacilitatorLGFB VolunteersKaye OakleyTimesMonthly: 10am - 12pmWeekly: 10am, 11.30LocationPavilionVerandah StudioFeesFREES15 / classCreative WellnessClinical PilatesFacilitatorFiona FitpatrickNatasha CauchiTimes5 Week Program x 3 yearly1.15pmLocationVerandah StudioVerandah StudioFeesFREE10 week program/5520 enquire HF claimable)LocationVerandah StudioVerandah StudioFeesFREEVolunteers and special guestsTimesStanding Strong Exercise ClassWellbeing WalkFacilitatorAnna Louise-MouleVolunteers and special guestsTimesWeekly: 9.30amMonthly: morning TBALocationVerandah StudioFREEGroup Guided MeditationRestorative Flow YogaFacilitatorCaroline BernardiKaye OakleyTimesWeekly: 9.15-10.30am, 10.40-12pmWeekly: 7.45am, 9am, 11amLocationThe PavilionVerandah StudioFees\$10/class\$15 / classFacilitatorBrendan CumminsPhone: 99237246/0407222936FacilitatorBrendan CumminsPhone: 99237246/0407222936FacilitatonThe VerandahSca 0.08 Code to register/book online

Some Group Programs & Support Groups vary in their delivery, whilst others are offered weekly or monthly. Please contact us or consult our online calendar for current

dates and times. Registrations are essential for all group programs. Fees are current as at December 2024 and are subject to change. Please confirm our current fee schedule upon booking