

# Stay Active and Social with HCA

Join our **Chair Yoga or Walking Group**  
Plus enjoy a social brunch afterwards.  
Every Tuesday from 10am to 12pm.

full  
CIRCLE  
wellness

## Home Care Assistance Sunshine Coast has partnered with Full Circle Wellness

Together, we're bringing you two fantastic group activities: gentle Chair Yoga and an easy-paced Walking Group. Full Circle Wellness have a proven track record in senior health and wellness, they bring expertise and passion to every session. These sessions are perfect for staying active, easing stress, and enjoying great company!

Yoga + Brunch  
**\$40**  
Can be covered  
by your Home  
Care Package.

## CHOOSE YOUR ACTIVITY

You can choose to do an activity, just join us for brunch or come for both!

Brunch Only\*  
**\$12**  
Includes tea and  
coffee, pastries and  
sandwiches.



### Chair Yoga

50 minutes of gentle stretching led by expert instructors from Full Circle Wellness.

OR



### Walking Group

45 minute escorted walk along Lake Kawana's pathed walking loop.

+



### Light Brunch

After your session, enjoy a delicious brunch – perfect for unwinding and socialising.

\*Come for Brunch  
and walk for free!

## GROUP ACTIVITY DETAILS:

**When:** Every Tuesday, starting 3rd December  
(No sessions on 24th & 31st December)

**Time:** 10am – 12 noon

**Where:** Kawana Forest Meeting Place, 60 Woodlands Blvd,  
Meridan Plains

**Price:** \$40 for Yoga + Brunch for clients, \$45 for non-clients. \$12 for Brunch with or without Walking.

## CONTACT US TO BOOK:

☎ 07 5491 6888

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