



# Health Check

Latest News from  
**PHYSIOWORKS.**  
Health Group

Special edition August 2017

Special offer

# SPRING INTO YOGA

Beginners Class  
6 weeks



If you knew of an activity that could improve fitness, increase flexibility, build strength, reduce stress, aid rehab & is great fun would you invest an hour a week to do it?

At Physioworks Health Group Pakenham we offer just that -

## YOGA.

Join us this Spring at our Yoga Beginners Class to discover all the benefits of Yoga for yourself (or perhaps as a great gift for someone special).

**6 weeks for \$150.00\***

ONLY \$25.00 per class.

Learn Yoga with experienced Yoga Teacher Deb Vawdrey

**Every Tuesday 7.15pm to 8.15pm.  
Starts 5th September (for 6 weeks)**

Physioworks Health Group Pakenham, 31 Main Street Pakenham, 3810.

**BOOK NOW on 59415499**

\*Yoga Beginners Class offer 6 class package: \$150.00 upfront payment.  
Starts Tuesday 5th September 2017. Bookings essential. Classes limited to 10 participants.

***"Everyone is an athlete... we just have different events"***

PHYSIOWORKS Health Group provides excellence in General, Sport and Specialist Musculoskeletal Physiotherapy care and treatment. Directed by David Francis and Andrew Dalwood, PHYSIOWORKS Health Group has been successfully providing quality care for patients for over 20 years. PHYSIOWORKS Health Group operates a network of five multi-discipline health care clinics across Melbourne including:

Berwick	97689276
Camberwell	98896611
Cranbourne	59951111
Mulgrave	97950668
Pakenham	59415499

[www.physioworkshealthgroup.com.au](http://www.physioworkshealthgroup.com.au)



PHYSIOWORKS<sup>®</sup>  
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