

Getting into Exercise

Date: Wednesday 24 June 2026
Time: 10:00am – 12:00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

This course will address your questions about getting into exercise. It will include how to overcome your barriers to exercise, bust common exercise myths, build your confidence to start exercise and give you some practical tips & tricks to succeed.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Unsplash



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

SESLHD-
RecoveryCollege
@health.nsw.gov.au