

Getting into Exercise

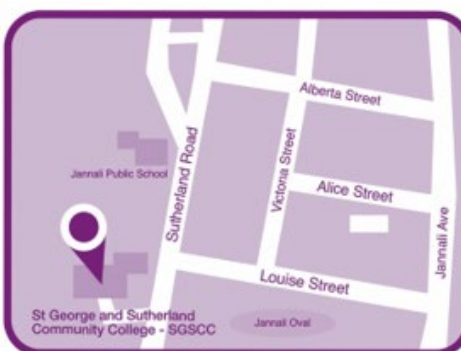
Date: Friday 16 October 2026
Time: 10:00am – 12:00pm
Venue: St George and Sutherland Community College – SGSCC
127-129 Sutherland Road, Jannali NSW 2226

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



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For more information
please contact the
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