

Join our November Social Groups

True well-being comes from staying connected to the places, people, and community you love.
Our social group offers a mix of centre-based activities and community outings designed to promote independence, confidence and social connections,
Times may change for pick-up and drop-off times depending on your location.

Our next catch up:

Monday 9th November
9am - 2pm

Degani Cafe Capestone
Mango Hill (\$15+ for lunch)

Monday 23rd November
9am - 2pm

Holistic Horizons Hub
(\$10 for lunch)

**BOOK
NOW**



www.holistichorizons.com.au
(07) 3048 1919