

Join our October 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 12th October
9am - 2pm**

Redcliffe Leagues Club
for lunch. (\$20+ for lunch)

**Monday 26th October
9am - 2pm**

Holistic Horizons Hub Guest
Speaker. (\$10 for lunch)

**BOOK
NOW**



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