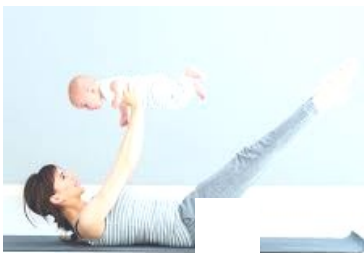




## Connecting Young Parents Term 1 2021

For people 25 years of age or under who are either a parent or pregnant. All of our programs are free and we provide some snacks, contact us for more information.



**MONDAY: 8th: Mums and Bubs Pilates**

**QEII Square, Albury Starts at 10am**

**Come try something new! Pilates at Retro or just come along for a chat, we'll provide lunch!**

**TUESDAY 9th : Park Play date**

**Sumsion Gardens 11am –1pm**

**Come see us for a play date and a catch up with some healthy snacks.**



**WEDNESDAY 10th: Valentines Craft Packs**

**There is no better Valentines Day Card than one made by you and your child/children! Please register by the end of Tuesday for a pack to be delivered to you on Wednesday.**

**Have any questions?**

**Please contact Helen 0457563305 or Rebecca 0447046360**

**Gateway Health 60228888 for a chat, information, advice or support.**



Stay up to date with programs and changes that may occur.  
[www.facebook.com/Gatewayhealthyoungparents](https://www.facebook.com/Gatewayhealthyoungparents)