

# Relax and Move



Be Active

## Free Yoga

with Foundations of Wellness

Connect

alternate Mondays  
10.30 - 11.30am  
at Sunnybank Community Centre

For:

- people we support
- Persona colleagues
- Shared Lives carers

Click for dates  
& details

[tinyurl.com/RelaxMoveP](https://tinyurl.com/RelaxMoveP)



**Persona**