



Nia is
Great for your
Mental Health!



Tune In
Get Moving
Feel Better

Present this card
for your first class FREE!

**MENTAL HEALTH &
WELLBEING MONTH**

OCTOBER 2021

www.niaaustralia.com.au/oriana

Your new local Class is BACK at the Clearview Centre!

Intro PLAYshop: Access JOY - **Movement as Medicine for WellBeing**

Sunday 10 October 2pm-4pm \$30 online /\$40 at the door

Plus **Wednesdays from 13 Oct 11-12pm at Clearview Centre - First class free!**

Message Oriana: via [FB.com/NiawithOriana](https://www.facebook.com/NiawithOriana) **OR** E: niawithoriana@gmail.com