



BCO OFFERS A WELLNESS PROGRAM THAT IS HELD FIVE DAYS A WEEK OVER AN EIGHT WEEK BLOCK.

The program includes :

- Learning to relax with meditation
- Yoga and stretching
- How to stay healthy through the winter
- Singing to feel good
- Eating healthy to feel good
- Art and Dance therapy
- Mindfulness

Participants are then able to experience wellness activities in a safe and supervised setting.

Participants are able to take home information and tools to use at home.

For more information, call and speak to Karina Piro on (08) 8562 4855.

WELLNESS PROGRAM