



# Young Women's Wellbeing Group

**Are you aged 15-24 years old?**

Come along for fitness, wellbeing, friendship,  
self-care and FUN!

**When:** Friday afternoons, 2pm-4pm

**Where:** Migrant Resource Centre

Level 2, 1a Anfield Street, Glenorchy

\*School pick-ups available during school term

**Contact:** Sera Lalagavesi, MRC Youth Support Worker

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Funded by the Australian Government Department of Social Services. Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.  
Young people from humanitarian entrant/refugee backgrounds aged between 15-24 years are eligible to join.