

# NCNS



Nepean Community & Neighbourhood Services

**How can you make the next stage of your life fulfilling, productive and connected?**



## AGEING WITH ATTITUDE



### CREATING THE LIFE YOU WANT

This TAFE workshop explores lifelong learning, ways you can earn money to supplement your income and how you can stay connected and involved.

*FREE LUNCH FOLLOWED BY*

### FUN TASTER SESSIONS TO CHOOSE FROM

Shadow Boxing for Fitness, Ghawazi Caravan Tribal Belly Dancing, Interactive Formation Dancing, Exploring Creative Arts with Hiccup Art, Nepean Mens Shed, PCC's Agile Not Fragile Dance Group

**9am - 3pm Friday 5th & 12th August**  
**South Penrith Neighbourhood Centre, 3 Trent St**

***FREE TRANSPORT FROM PENRITH STATION - must be booked***

**Registration essential. Call NCNS on 4721 8520 for more information**