



Tranmere Bowling Club

CHAIR YOGA

- Run weekly on Mondays at 10am.
- Run by registered Occupational Therapist and qualified instructor, Danielle Gyss.
- \$10, includes tea/coffee.
- Dress: Casual / comfortable.
- Contact Mary Feddersen (Coordinator)

o  0432 662 147

o Club Phone: 8431 6197