

Working Out Dads

For Dads Living & Working in Wyndham

Working Out Dads is a 2 hour fathers group which includes facilitated discussion and a guided gym workout.

Where: AquaPulse
80-82 Derrimut Rd,
Hoppers Crossing

When: Tuesday nights
Oct 15th, 22nd, 29th
Nov 12th, 19th 26th

Time: 7pm-9pm
Date of the 7th session
to be decided

Cost: Free

Food: Light refreshments (free)

Are you a dad with a child under 4 years of age living with you?

Are you interested in meeting other dads and spending time talking about the things that matter to you?

Would you like to learn more about your health and wellbeing?

Could you do with a weekly workout?

Run by a male facilitator, Working Out Dads Group covers:

- Building your confidence as a Dad
- How to juggle work/life balance
- The impact of parenting on relationships
- Managing stress and pressure and practical ways to cope when things get tough
- Focussing on the future for you, your child and your family

If you would like to register your interest or would like more information please phone Tweddle on (03) 9689 1577 or visit www.tweddle.org.au

Dads will receive a \$25 gift-card upon completion of final surveys.



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