

**BRADFIELD PARK WELLBEING CENTRE**  
PROGRAMS FOR CARE RECIPIENTS (CONSUMERS)

**RECOVERY SERVICES  
MILSONS POINT**

Tel: 02 9460 0163  
www.sfnsw.org.au  
Stuart (mob): 0458 297 198



**SOCIALISE, EXERCISE,  
ENERGISE**

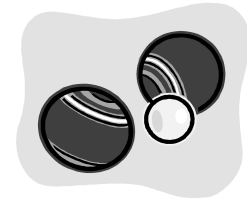
Build Social Connections  
Build Mind & Body  
Build Energy



**Golf Coaching**  
(Carers Included)



**QUIT Smoke**



**Lawn Bowls**



**Mindfulness**  
(Carers Included)



**Brain Gym**  
(Carers Included)



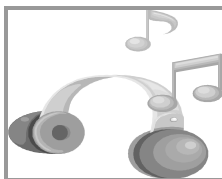
**Cooking Course**



**Dance Therapy**



**Hygiene/Makeover**



**Music Therapy**



**Fishing Clinic**



**Tennis Coaching**



**Handyperson 'Odd Jobs'  
Home Maintenance Courses**



**New Moves - Fitness**