



**Inclusive
and Diverse
Communities Inc.**
EMBRACING INTERSECTIONALITY



Free Laughter Yoga Workshop

Join us for a fun, uplifting Laughter Yoga session designed to boost wellbeing, reduce stress, With with My Aged Care Information Session

Time 10:15 am to 11:30 pm

When 6th March ,2026

**Venue Yagoona Community
Centre, Meeting Room 1
,176D Cooper Rd,
Yagoona NSW 2199**



- Light refreshments provided
- Giveaway bags for participants

Register Now : Scan the QR or

[Click Here](#) or Email : admin@tmn.net.au



***Proudly funded under the Empowerment Project by
the Supporting Stronger Communities Grant***