

A COMMUNITY WELLBEING GATHERING

Health & Wellness Cafe

 *Drum Fun & Dance*

Friday, 25 September 2026
10:00am – 11:30am

ALL WELCOME



Grab a Drum, Let Loose & Dance It Out!

NO EXPERIENCE NEEDED · JUST GOOD VIBES

Meet Your Facilitators

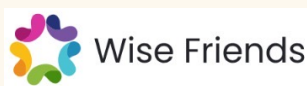


Claire M. **LEAD FACILITATOR**
Percussion Facilitator & Community
Events Collaborator



Diana
Gospel Afrobeats artist & community
connector

- 10:00 ● Warm-up exercises (10 min)
- 10:10 ● Drum demo (5 min)
- 10:15 ● Drum Fun & Dance session (45 min)
- 11:00 ● Morning tea & chat (30 min)



 Feel free to bring your own drum or instrument — and bring a friend along too!

YOUR GUIDE TO A BALANCED & ENERGIZED LIFESTYLE

 Bull Creek Community Centre
Leichhardt Street, Bull Creek

SCAN TO
REGISTER

REGISTER NOW
0419 923 650