



MUMS MATTER WELLBEING SESSION

Come along and connect with other mums of little ones for a morning focused on wellbeing, connection and a little time for you.

Start the morning with a light morning tea and a chance to connect, before joining Rachel from The Nesting Space for a gentle, postpartum-friendly yoga session.

FREE!



Spots are limited!!

call to book
6424 7060 or
book online with
the QR code



Children
0-5 years
welcome!



**Thursday
1 October 2026**



9:30 AM – 11:30 AM



Devonport Playhouse
Corner of Charles St + Forbes St



SUPPORTED BY
**Tasmanian
Government**