



Australian Government
Department of Defence



Mums, Bellies & Babes

Defence Community Organisation will be running a program for mums and bubs

Connect with other mums and the local community.

Session 1: Happy Healthy Mums

Session 2: MEGA Mums exercise group & Healthy eating for busy Mums

Session 3: Baby Rhyme Time, First 5 Forever and the library

Session 4: Coffee Connections

WHERE Various locations around Townsville

WHEN Thursday 13 September 2018, 9.00am–11.00am

RSVP by Monday 10 September 2018 to
dco.townsville@defence.gov.au or 07 4753 6539

MORE INFO www.defence.gov.au/dco



Follow Defence Community Organisation to receive updates.

