

## Jump into June

### Let's get PHYSICAL!

This month we want to emphasise the importance of Physical Activity and regular exercise for overall well-being.

How do you move? Structured workout? Outdoor activity? A hobby that gets your body moving? It's all great - As long as you're MOVING!

Don't know where to start?

We've partnered with EARTHSIDE YOGA this month to offer a FREE TRIAL to all new attendees!

See timetable on the back of this newsletter!

## Did you know?

As an Upper Pioneer Valley community member you have access to:

- **Computers with internet**
  - **Printing facilities**
    - **Wifi**
- **Pre-Loved clothing for anyone who needs it.**

## What's on in JUNE?

1st of June - ECDA Pot luck Pool Night.

\$2 Games @ Eungella Hub from 6pm

9th June - Eungella Markets 9am - 1pm @ Eungella Hub

10th June - Finch Hatton Progress Association meeting - 5.30pm start @Finch Hatton RSL

16th June - Finch Hatton Show! (Find our stall for a chance to win prizes!)

20th June - Eungella Community Development Association meeting - 6:30pm start @ Eungella Hub

## Need Independent Advocacy or Assistance Accessing Services?

Get in touch!

In person: 13 Anzac Parade, Finch Hatton  
9am - 2pm Monday - Friday

Phone:

Luke - 0456 922 492

Email:

ValleyAssist@MackayAdvocacy.com.au

# Community Notice Board

## ECDA - Eungella Community Development Association

ECDA wish to invite all community members to the Community Fundraiser on  
Saturday the 1st of June



### POT LUCK & POOL NIGHT



**\$2 Pool Games for the adults - Movie night for the kids**  
**Bring a plate to share with your community :)**

## Finch Hatton Progress Association

The FHPA's Monthly meeting in June will be on Monday 10th at  
5:30 PM @ Finch Hatton RSL - All community members welcome

FHPA are still on the lookout for volunteers to supervise the  
Railway Station on Saturday and Sunday's

## Earth Side Yoga



### Class Timetable

Monday @ Finch Hatton Central - 9am (\$15)	Tuesday @ Finch Hatton Central - 9am (\$15)
Wednesday @ Finch Hatton Central - 9am (\$15)	Thursday @ Finch Hatton Central - 9am (\$15)
Saturday @ Finch Hatton Central - 8:30am (\$5)	Saturday @ Eungella Town Hall - 10:30am (\$15)

Please reserve your place via  
text: 0431 220 790 or Email: [Earthsideyoga@gmail.com](mailto:Earthsideyoga@gmail.com)  
For a detailed timetable visit [www.earthsideyoga.com.au](http://www.earthsideyoga.com.au)

**Have you used your free trial yet!?**