



IS PAIN INTERFERING WITH YOUR EVERYDAY LIVING?

Join a FREE chronic pain management group



Contact us

Grace Cordy

02 44 080 663

grace@balancehf.com.au

Annette Anido

0472 602 505

aanido@gph.org.au

Scan for
more
information

Broulee Life Saving Club

Heath St, Broulee

Light refreshments provided

Information Session:

20th February 2025

9am - 11am

Weekly Sessions:

6th March to 10th April

9am to 12pm

This service is supported by funding from
COORDINARE – South Eastern NSW PHN through
the Australia Government's PHN Program.

Follow up: 22nd May,

9am to 11am