

SENIORS FESTIVAL 2023, 1-12 FEBRUARY

CELEBRATING YOU!



We're celebrating 2023 Seniors Festival for our 60+ learning community with:

- Free* wellness and photography sessions!
- 10% discount on and Leisure & Lifestyle course bookings made in February!
- Ongoing FREE Tech Savvy Seniors + Silver Fox Digital Help



QIGONG

Qigong (chi-gong) is the mindful cultivation of life force energy – feng shui for the body mind and spirit. Your teacher Terri, keeps the movements gentle yet potent.

Mon 6 Feb	10-11am	Kiama
Mon 6 Feb	1-2pm	Nowra



SMART PHONE PHOTOGRAPHY

Talented local photographer Simon Theuma, will teach you the skills to create stunning images using your smartphone! Suitable for both Apple iOS and Android phone users.

Thu 2 Feb	9-11am	Kiama
Thu 2 Feb	1-3pm	Nowra

*Limited places are available in these free Qigong & Smartphone Photography sessions. Please reserve your place by calling our friendly team on 02 4232 1050.

10% DISCOUNT ON LEISURE & LIFESTYLE COURSES

Book before February 28th 2023 to receive a special Seniors (60+) 10% discount on Term 1 & Term 2 Leisure & Lifestyle courses including:

- Languages: French, Italian & Spanish
- Qigong Elements
- Photography
- Ukulele for Beginners
- Podcasting

Visit kcc.nsw.edu.au/courses/leisure-lifestyle for the full program and enrol online or call us to book.

**KIAMA & SHOALHAVEN
COMMUNITY COLLEGES**

RTO ID: 90087



Kiama Campus 02 4232 1050
Shoalhaven Campus 02 4423 0351

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