

## Mind + Move: Health and Wellness Program



### Detail

\$ 21

 Monday, 23 February 2026 09:00 AM -  
Monday, 01 May 2028 10:00 AM

 15 Talavera Rd, Macquarie Park, Macquarie  
Park - NSW

### Event Overview

Mind+Move offers a diverse and exciting range of tailored wellness activities for seniors, taught by leading professionals. Join Mind+Move for a healthier, happier you—accessible with private care and government-funded Home Care services. From online activities to social outings and exercise classes, there's something for everyone! Day trips to popular destinations such as botanical gardens, beach trips and many more. Some of the benefits you'll receive from participating include:

Lifelong learning - Expand your current knowledge and skills through our art classes, yoga , meditation, book clubs and more

Social connection – Make new friends, enjoy our music concerts and share common interests across all our activities.

Movement – Keep the body active through exerc

[...]

Find out more information from

<https://www.downsizing.com.au/events/detail/2344/mind-move-health-and-wellness-program>

Event ID

2344



Catholic Healthcare