








Tennis 4 Teens, 12-17 teen girls, commencing Term 2, Monday April, 29th from 3:30pm-5pm @ St. Brendan's Tennis Club. \$Gold Coin Contribution. To enter, jump on line and search to book into a class www.tennis.com.au/tennis4teens. For further information contact: Lisa Niglia (Junior Tennis Facilitator & Sports Development Coach) 0428 266 310.

Date and Time	Presenter & Bio	Topic
<p>Monday April 29 3:30-5:00pm Activity and afternoon snack</p> <p>St Brendan's Tennis Club</p>	  <p>Lisa Niglia Business owner of Tatura Absolute Training Studio Gym. Fitness Trainer, Junior Coach, Tennis Vic 2017 Finalist-Volunteer of the Year. Registered Nurse (ANUM) GV Health-Tatura Hospital</p>	<p>Delivering a 6 weeks tennis program at St. Brendan's Tennis Club Incorporating tennis games and basic coaching with funky music to keep you motivated and cardio fit. Plus....</p> <p>“IT’S COMPETITION TIME!</p> <p>The SJTA is looking for a fresh, new logo – and we want YOU to design it!</p> <ul style="list-style-type: none"> – Open to all players and their families – Size: 10cm x 10cm – 3 colours only – Winning design will receive Prize Money! <p>Email your entries to sheppjuniortennis@gmail.com”</p>
<p>Monday May 6 3:30-5:00pm Activity and afternoon snack</p> <p>St Brendan's Tennis Club</p>	 <p>Rosa Pulsoni-Mandaradoni –Hair and Beauty- Educator/ Trainer and Assessor Design and with Go Tafe Shepparton</p>	<p>Rosa will be discussing Haircare Tips, how to maintain healthy shining hair. Rosa will also be demonstrating some hairstyling and braiding techniques.</p>
<p>Monday May 13 3:30-5:00pm Activity and afternoon snack</p> <p>St Brendan's Tennis Club</p>	  <p>Lauren Farrow Occupational therapist Lauren has a passion for rural health and assisting clients to live their best life at every stage. I have an interest area in mindfulness and self regulation with experience adopting a coaching framework with both staff and clients.</p>	<p>Coaching mindfulness and self-regulation.</p>
<p>Monday May 20 3:30-5:00pm Activity and afternoon snack</p> <p>St Brendan's Tennis Club</p>	 <p>Rachel Smith I is personally and professionally committed to health and wellness. She is the manager of the Murchison Medical Clinic, has been practising yoga for more than 25 years and has been a yoga</p>	<p>instructor for five years teaching private classes at Tatura studio and with corporate clients as well as a program coordinator with the City of Greater Shepparton's Free Activities in the Park Program. Pranayama breath</p> <p><u>Vinyasa Flow Meditation</u></p> <p><i>Rachel's trained in kundalini yoga and her classes offer vinyasa flow, yin and kundalini styles as well as information on the yamas and niyamas of yoga for daily living.</i></p>

<p>Monday May 27 3:30-5:00pm Activity and afternoon snack</p> <p>St Brendan's Tennis Club</p>	 <p>Health & Nutrition Support- Lisa Niglia Qualified in Basic Nutrition Advice and Education</p>	<p>Following the "Australian Guide to Healthy Eating". Activity Group Making delicious, energy snacks to kick-start your day to boost your performance for muscle recovery after exercise –Protein Balls and Slice. Enjoy making, tasty smoothies</p>
<p>Monday June 3 3:30-5:00pm Activity and afternoon snack</p> <p>St Brendan's Tennis Club</p>	 <p>Dr Mary Lou Loughnan is a GP at Princess Park Clinic's child and adolescent health clinic where she and has a special interest in enhancing the health and wellbeing of children and young people, and helping their parents and carers.</p> <p>Carolynn Winbanks-GV Health Nurse Manager Community Health</p> <p>Suzanne Wallis GV Health- Nurse Practitioner</p> 	<p>Teen Health with Dr Mary Lou. "The complexity and simplicity of well -being"</p> <p>GV Health-Community Health Nurse Carolynn Winbanks & Suzanne Wallis "Taking Care of Myself"</p>



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A RELAXED HIT OF TENNIS