

WHAT IF LIFEX OFFERED YOU MORE ?



LIFEX 2018

Fighting Chance is pleased to introduce the 2018 LifeX timetable to keep you active and connected.

To start the New Year, over a 10 week Term, our new timetable brings opportunities to join music classes, get involved in communications workshops or a relaxing yoga class, all taking place at **FIGHTING CHANCE**'s office in Frenchs Forest.

ATTENDANCE FEES

There are two options from your NDIS funding that you can use to attend these sessions:

- Improved health and wellbeing, increased social and community participation
- Core funding

You may also be able to use other government funding, self-funding, or we are happy to talk about any other arrangement that would work for you.

ABOUT TERM 1, 2018

New LifeX classes and workshops are open to people of all abilities, and you don't have to be a **FIGHTING CHANCE** participant.

Hosted by **FIGHTING CHANCE** social worker Jo Berry and qualified class instructors, you will be supported to learn new skills with your peers, in a fun and informative format.

Every Monday from February 5th

MUSIC

3:30-5:00pm

Every Wednesday from February 7th

COMMUNICATION

3:30-5:00pm

Every Thursday from February 8th

YOGA

3:30-4:30pm

For a full timetable please see over the page.

REGISTER NOW!

Book yourself in now to avoid disappointment. Email Jo Berry at jo@fightingchance.org.au or (02) 9905 0415 letting her know which classes you would like to sign up for. Jo will then be in touch to finalise details and payment.

TIMETABLE

LifeX will be running the following timetable throughout the beginning of 2018! For any further class information, please email jo@fightingchance.org.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 Feb 5-11th	MUSIC		COMMUNICATION What is communication?	YOGA			
WEEK 2 Feb 12 -18th	MUSIC		COMMUNICATION How do we communicate?	YOGA			
WEEK 3 Feb 19-25th	MUSIC		COMMUNICATION Express ourselves	YOGA			
WEEK 4 Feb 26-4th	MUSIC		COMMUNICATION Understanding others	YOGA			
WEEK 5 Mar 5-11th	MUSIC		COMMUNICATION The art of conversation and small talk	YOGA			
WEEK 6 Mar 12-18th	MUSIC		COMMUNICATION Communicating in an online world	YOGA			
WEEK 7 Mar 19-25th	MUSIC		COMMUNICATION Practice & review	YOGA			
WEEK 8 Mar 26-1st	MUSIC			YOGA			
WEEK 9 Apr 2-8th	MUSIC			YOGA			
WEEK 10 Apr 9-15th	MUSIC			YOGA			