

Velca Fun Fit!

Fun, Fitness, Friendship

Velca Fun Fit is an exciting weekly 2 hour class designed for people with a disability, to improve health and well-being while having fun and making new friends.

**If you love music, you'll love
Velca Fun Fit!**

1 Carer Support Day for 4 classes OR \$19 per class

For details about your nearest Velca Fun Fit class or to sign up, please contact Louise on 027 429 4131 (text or call) or at louise@velca.co.nz

**We can't wait to see you at our
next class!**