

Strong Women, Healthy Futures

Free yoga, nibbles & information session

Start your Nannup Garden Festival weekend by taking time to nurture yourself.

Join us for a relaxing and informative afternoon dedicated to women's wellbeing. Enjoy a free yoga session, delicious nibbles, and learn about the National Cervical Screening Program and the importance of cervical screening. Prizes and giveaways are available on the day.

Whether you're a regular yogi or simply looking for a peaceful way to begin your festival weekend, come along to connect, unwind and invest in your health.



Date: Friday, 7 August 2026

Time: 3pm to 5pm

Where: Nannup Recreation & Community Centre (Warren Rd, Nannup)

Cost: FREE

RSVP: For catering purposes, please register via QR code or click [here](#) or [email: Shealie.Tarr@nannupc.org.au](mailto:Shealie.Tarr@nannupc.org.au)

Yoga mats provided, but please bring a towel!



Cancer Council WA acknowledges all the Traditional Custodians and owners of Country throughout Western Australia.

In collaboration with

