



# Multicultural March Harmony Day



**FREE  
EVENTS**

## WEEKLY TAI CHI

**No bookings required**

**DATE**  
Friday 3, 10, 17  
and 24 March

**TIME**  
7.30am – 8.30am

**PLACE**  
Kensington Park

Master Trainers from Tai Chi for Health Institute, Dr Janet Cromb and Fiona Black will lead you through the focused, gentle movements. The sessions will focus on breathing, resulting in a calm mind and improving overall health and wellbeing.

## EGYPTIAN BELLYDANCE WORKSHOP

**Bookings essential, scan QR code**

**DATE**  
Tuesday 7 March

**TIME**  
10am – 11am

**PLACE**  
Lionel Bowen Library  
Maroubra

One hour workshop with Rachel from Inspire Belly dance to discover modern belly dance: a beautiful, expressive art with a rich repertoire of moves that you can show off to your friends! Class designed for women of all kinds. No experience required.

## WORLD FUSION DANCE WORKSHOP

**Bookings essential, scan QR code**

**DATE**  
Saturday 18 March

**TIME**  
10am – 11am

**PLACE**  
Lionel Bowen Library  
Maroubra

No experience required. Learn basics of dance styles from around the globe such as Salsa, Bollywood, Flamenco, West African, and more.

## CELEBRATING HARMONY

**Bookings essential, scan QR code**

**LIMITED  
SPACES**

**DATE**  
Friday 31 March

**TIME**  
5pm – 7pm

**PLACE**  
Kensington  
Community Centre

The 2023 Harmony Week theme is 'Living in Harmony'

Join us for this community celebration featuring:

- Art installations by residents who participated in the Art and Wellbeing program
- Champagne and canapes
- Food by First Nations catering company Kallico
- Entertainment by culturally diverse performers

Presented in partnership with Sydney Multicultural Community Services.



**Bookings for any of these events please scan the QR code**