



# FOXFIT PT

FEMALE COACHING & TRAINING

## The Power of MenoPAUSE

A powerful and nourishing 2-hour workshop designed for midlife women ready to reduce stress, reconnect, and reset.



Woden Valley Uniting Church  
40 Gillies Street, Curtin, 2605



Sunday 17 August  
6:30pm to 8:30pm



<https://foxfitpt.com.au/events>



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