



Pilates

DEFINE YOUR- SELF

1 Free Class* at KX Pilates Mentone

KX Pilates guides you through a dynamic, high-intensity reformer workout in just 50 minutes.

Fusing elements of traditional reformer Pilates with cardio and endurance training for a full-body toning workout.

KX Pilates Mentone

Ground Floor, Archer Apartments,
1-9 Balcombe Rd, Mentone VIC

New to KX Mentone? Create your account:

- 1 Visit www.kxpilates.com.au
- 2 Click Bookings & Schedules
- 3 Find Mentone
- 4 Click Book Class
- 5 Click Sign Up Now

To redeem your 1 Free Class with KX Mentone, email mentone@kx.com.au with your full name and a photo of this flyer. You'll receive email confirmation when your free class has been added to your account.

*Voucher is only valid at KX Pilates Mentone until 29/02/2020. 1 voucher per person. New clients only. All classes must be used at KX Pilates Mentone and are non-refundable not transferable between studios and/or clients. For full T&Cs, visit www.kxpilates.com.au/terms-conditions



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Develop the confidence
of a winning smile

Crooked teeth? Get advice
from a specialist orthodontist
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Free initial visit.



MORDI BRAE SEASON 2020



**REGISTER
NOW**



mbjfc.net

GIRLS/BOYS/MIXED TEAMS 
UNDER 8 - 17.5/18 | PACK COLLECTION 16 FEB* 

FEEL THE ROAR BE A TIGER IN 2020



Be part of our St Bedes/Mentone Tigers family club

Auskick

Girls' & Boys' junior teams
Men's & Women's senior teams



REGISTRATION NOW OPEN

www.stbedesmentonetigers.com.au

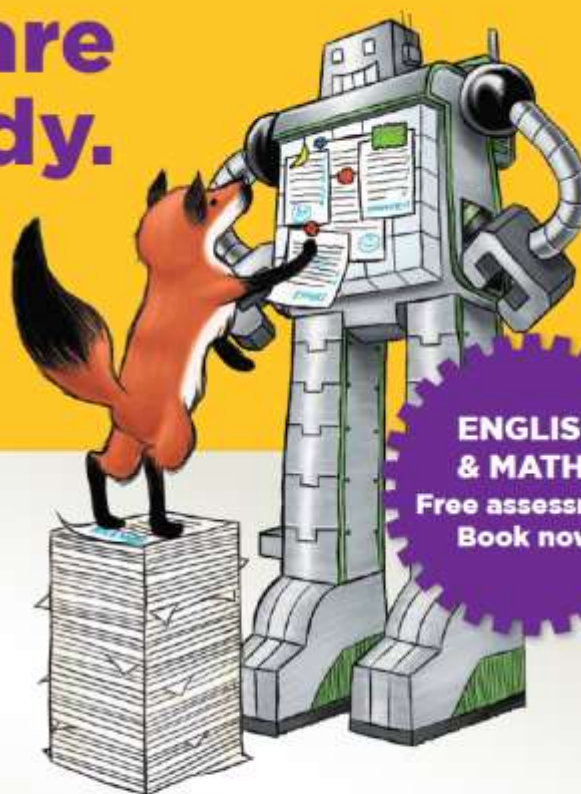
#feeltheroar

2020 Junior Teams

Boys: U8 , U9, U10, U11, U12, U13, U14, U15, U16, U17

Girls: U8 *New*, U10 *New*, U12, U14, U16, U18

Your children are amazing already. We just help them prove it.



**ENGLISH
& MATHS**
Free assessment
Book now!

Tailored English and Maths tuition

- Boosts confidence and results
- Lessons personalised to individual needs
- Following the school curriculum
- From Prep to Year 10

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Mentone Ph 9585 1208

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'nWords**

TUITION
CONFIDENCE
RESULTS



Chelsea Calisthenics Club

Try an exciting Sport that incorporates elements of...

FUN - FITNESS - SINGING - DANCING
TEAM SPIRIT - FRIENDSHIP - GYMNASTICS
FLEXIBILITY - CONFIDENCE
COORDINATION - PERFORMANCE SKILLS

Calisthenics is a sport for everyone, it combines the best aspects of Sport and Performing Arts and can be enjoyed by all ages and abilities.

If this sounds like you, come and join us
at Chelsea Calisthenics Club.
Our club, coaches and members would love
to welcome you to their teams.

More information: W: www.chelseacalistenics.com.au
E: enquiries@chelseacalistenics.org.au
Sports Women Centre, Sturdee St Chelsea



Something for everyone

CLASS TIMES

Babies Recreational - 4 years and under
Wednesday 10am - 10.30am

Tinies - 3 - 7 years, Saturday 9am

Sub-Juniors - 8 - 10years, Saturday 11.30am

Juniors - 11- 13 years, Tuesday 4.45pm

Intermediates - 14 - 17 years, Monday 5pm

Seniors - 17 years & Over, Wednesday 6.30pm





CENTRAL BAYSIDE COMMUNITY

ORAL HEALTH SERVICE

IS YOUR CHILD DUE FOR A CHECK UP?

Central Bayside Community Oral Health Service is currently offering dental examinations and treatment to children attending your school.

Formally the School Dental Service located at Parkdale, is now part of the Community Oral Health Service.

My child has visited the Oral Health Services (formally School Dental Service) before:

If your child/children has previously been seen by the Oral Health Services or the school dental program you will receive a letter offering you an opportunity to make an appointment when your child is due for their next check-up. In this case, no action is required.

My child has never visited the School Dental Program:

Please contact Central Bayside Oral Health Service on **8587 0350** for an appointment.

Who is eligible?

- Children and young people:
 - All children aged 0 – 12 years (fees apply for non concession card holders)
 - Young people aged 13 – 17 years who are health care or pensioner concession card holders or dependants of concession card holders
 - **Children who are eligible for dental benefits under the Child Dental Benefits Scheme**

Where is the service located?

Central Bayside Community Health Service
Oral Health Service
335-337 Nepean Highway
PARKDALE
Phone: 8587 0350



Entrance is off Carrier Avenue



Are you struggling to manage your child's behaviour? Yelling, arguing, whining, tantrums and discipline that's just not working?

The 1-2-3 Magic & Emotion Coaching program aims to teach parents how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system. The program requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries.

Over three weekly sessions, you will be guided through this proven and effective program, and supported to manage behaviour, develop a tangible and intuitive strategy to master your own self-control, encourage your child's ability to manage their own emotional reactions, and improve your relationship with your child.

Topics include:

- How to discipline without arguing, yelling or smacking
- How to classify behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices

- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behaviour

Investing a few hours now, will create a valuable roadmap for navigating those challenging parenting situations.

Best suited to:

Parents and carers of children aged 2 to 12 years.

When:

The workshop runs across three Wednesday evenings.

Wednesday 30th October 2019, 7pm to 9pm

Wednesday 6th November 2019, 7pm to 9pm

Wednesday 13th November 2019, 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$220 per person (\$200 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488





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in a fun & social
environment.



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