



What's On...

July



14 Earl St, Tewantin

Health, Fitness & Nutrition

Join us for the first workshop of the series...

Saturday, 26 July 2025 | 1:00pm - 4:00pm

Learn about a healthy lifestyle with a professional fitness coach!

90-minute workshops starting July 2025.

All young people aged 12 - 17.

Join us and the epic team from Wellbeing and Fitness Sunshine Coast for a FREE workshop!

Learn how your body works and gain some new fitness skills.



CONTACT US: 0486 025 094