

# WHAT'S ON @ WHT

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	9:30 to 10:30am <b>Ageing Well with Weights</b> 8 week course <b>Starting May 7</b>	10:30 - 11:30am <b>Meditation</b> Guided and safe with Jean Gilbert. By donation	9:45 - 11am <b>Yoga (Hatha)</b> experienced with Jen. \$8 per session Come early for a spot.	10 - 11:30am <b>Meditation</b> Mindfulness & Self Compassion Valerie 0405 329 687 <b>See page 9</b>	10am - 2pm <b>Waste to Wonderful</b> Textile skill sharing. Contact Jen on 0417 137 100
	11am - 12pm <b>Tai Chi</b> Weekly \$8	10 - 11:30am <b>Fitball (beginners)</b> Gil Whitehouse \$8	10:30 - 12:30 <b>Women's Walks</b> 6231 3212		
	12:10 - 1:10pm <b>Ageing Well with Weights Practice</b>	11am - 12:30pm <b>Community Health Nurse</b>	11:15am - 12:30pm <b>Yoga (Hatha) beginners</b> with Jen \$8 Come early for a spot.		
PM	2 to 4 pm <b>Neuroscience of Change</b> <b>Fortnightly</b> Starting on <b>April 16</b> <b>See page 9.</b>		3 - 4pm <b>Aging Well with Weights Practice</b>	1:30 - 2:30pm <b>Feldenkrais</b> April 5 for 5 weeks. May 24 for 7 weeks \$15 per session. Wendy on 0447 120 688 <b>See page 10</b>	

## Therapists and Monthly Groups

### Breast Cancer Support Group

**3<sup>rd</sup> Tuesday of the month** 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support.

### Bowen Therapy (NST)

**Every Wednesday** at the Centre. \$65 per session.  
To make an appointment, contact Christine Toyama on 0417 363 108.

### Continence Service

**2nd Wednesday of the month**, 1 to 4 pm. Free service

### Herbalist

**Every Thursday starting on May 3**, at the Centre. Initial appointment \$65 and \$55 follow up.  
To make an appointment contact Lisa on 0456 032 088

### Writers' Support Group

**1<sup>st</sup> Wednesday of the month**, 2 - 4 pm. New members welcome.

### Warped Wenches

**3<sup>rd</sup> Saturday of the month**, 10 am to 4 pm. A group of women who love to sew, and share an interest in all sorts of crafts.  
Contact Denise 0417 808 871.

**Come in for a cuppa, browse in our library or use the photocopier.**