

WHAT'S ON @ WHT

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	9:30 to 10:30am Ageing Well with Weights 8 week course Starting Feb 2019	10:30 - 11:30am Meditation Guided and safe with Jean Gilbert. By donation	9:45 - 11am Yoga (Hatha) experienced with Jen. \$8 per session Come early for a spot.	10 - 11:30am Meditation Mindfulness & Self Compassion Valerie 0405 329 687 See page 9	10am - 2pm Waste to Wonderful Textile skill sharing. Contact Jen on 0417 137 100
	11am - 12pm Tai Chi Weekly \$8	10 - 11:30am Fitball (beginners) Gil Whitehouse \$8	10:30 - 12:30 Women's Walks 6231 3212 Calendar on the website		
		11am - 12:30pm Community Health Nurse	11:15am - 12:30pm Yoga (Hatha) beginners with Jen \$8 Come early for a spot.		
PM	3 - 4 pm Ageing Well with Weights Practice For women who have completed the 8 week course.	1 to 2:30 pm Changing your Mind Meditation Fortnightly Starting on August 14 See page 9.	3 - 4pm Aging Well with Weights Practice For women who have completed the 8 week course.	1:30 - 2:30pm Feldenkrais August 30 for 5 weeks \$15 per session. Wendy on 0447 120 688 See page 10	

Therapists and Monthly Groups

Breast Cancer Support Group

3rd 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.

Contenance Service

2nd Wednesday of the month, 1 to 3 pm. Free service

Herbalist

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

Writers' Support Group

1st Wednesday of the month, 2 - 4 pm. New members welcome.

Warped Wenches

3rd 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.