



Phone: 4342 5905

Email: [pwhc@cccwhc.com.au](mailto:pwhc@cccwhc.com.au)  
20A McMasters Road, Woy Woy 2256

# Wot's on

## Woy Woy

### Wednesday

#### BOOK CLUB

10am - 12pm

FREE however \$5:00 donation appreciated.

Social morning sharing the books you love. Second Wednesday of the month: 12th July, 9th August, 13th September, 11th October

**Phone 4342 5905**

Sorry, no childcare available.

#### DAYS FOR GIRLS

10am - 12pm

FREE however \$5 donation per session appreciated.

A social morning with charity group making menstruation kits for women in developing countries. Fourth Wednesday each month. 26th July, 23rd August, 27th September

**Phone 4342 5905**

Sorry, no childcare available.

#### COFFEE TIME

10am - 12pm

FREE however \$5:00 donation appreciated

Social get together, third Wednesday each month with guest speakers:

**19th July**

Mei Lan Yu, Acupuncturist;

**16th August**

Carolyn Bunney, Good Nutrition on a Budget

**20th September**

a video screening on Women's Health as part of Women's Health Week

**A Special Coffee Morning Extra on Wednesday 30th August** From 10.00am, Day of Action Against Sexual Assault and Domestic Violence Commemoration

**Phone 4342 5905.**

Sorry, no childcare available.

#### WRAP WITH LOVE

10am - 12pm

FREE however \$5 donation appreciated

A social morning with charity group knitting wraps for refugees first Wednesday each month, 5th July, 2nd August, 6th September, 4th October

**Phone 4342 5905.**

Sorry, no childcare available.

### Thursday

#### SELF ESTEEM

10am - 12pm

FREE however \$5:00 donation per session appreciated

Gain confidence and self-acceptance. Six week group commencing 20th July then each Thursday finishing 24th August

**Bookings and pre group interview essential to ensure this group meets the specific needs of its members - phone 4342 5905**



Childcare available if pre-booked (\$3 /session).

#### RELAX AND REVIVE

With Fiona McKillop

12.30pm – 2.30pm

FREE however \$5:00 donation per session appreciated

Relaxation for body, mind & spirit

6-week group commencing 27th July then each Thursday, finishing 31st August.

**Bookings essential phone 43425905**

Sorry, no childcare available.

#### SHARK CAGE

10am - 12.30pm

FREE however \$5:00 donation per session appreciated  
Identify unhealthy and unsafe relationships. Four week group commencing 31st August then each Thursday finishing 21st September

**Bookings and pre group interview essential to ensure this group meets the specific needs of its members - phone 4342 5905**



Childcare available if pre-booked (\$3 /session).

### Friday

#### WALKING GROUP

9am - 1pm

FREE however \$3 donation per session+ extra \$2 suggested to be a passenger in the carpool Every Friday.

**Please contact us on 4342 5905 to obtain a comprehensive program of each week's planned walk.**

Sorry, no childcare available.

### Saturday

#### YOGA

9am – 10.15am

\$10 per class.

Discount for full payment of term in advance.

11 week group commencing Saturday 15 July to September 23rd. This is a private group. Please bring your own yoga mat and wear comfortable clothing.

**Book your place prior to the start of term - phone Gail on 0422 052 346.**

Sorry, no childcare available.