



Phone: 4342 5905

Email: 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: 11th October; 8th November; 13th December

Phone 4342 5905

Sorry, no childcare available.

FEELING GOOD WITH YOGA

With Nicole Turner Butler

12.30pm – 2.30pm

FREE however \$5 donation per session appreciated.

A nurturing EASY yoga and relaxation session each week followed by a short workshop all about building resilience of body and mind and setting wellness goals. Six week group commencing 25th October then each Wednesday finishing 29th November

Phone 4342 5905

Sorry, no childcare available.

COFFEE TIME

10am - 12pm

FREE however \$5:00 donation appreciated

Social get together with health discussion topics, third Wednesday each month

18th October, Mental Health Month

**Guest Facilitator, Karina Ejubs
PWHC Counsellor and Group
facilitator; Theme; Positive Mental
Health**

15th November

**Theme: White Ribbon Domestic
Violence; Video and discussion on
Domestic Violence**

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, 4th October, 1st November, 6th December

Phone 4342 5905.

Sorry, no childcare available.

Thursday

BOUNDARIES AND ASSERTIVENESS

10am - 12.30pm

FREE however \$5:00 donation per session appreciated

Improve your relationships with yourself, partners, friends and family. Six week group commencing 26th October then each Thursday finishing 30th November

**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. Last walk of the year Friday 24th November**

Sorry, no childcare available.

Saturday

YOGA

9am – 10.15am

\$10 per class.

Discount for full payment of term in advance.

10 week group commencing Saturday 14th October to 16th December. 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.

Other Services

Sorry, no childcare available for the following services.

WELL WOMEN'S CLINIC

Appointments essential.

Call 4367 9600.

FREE. Donation appreciated.

Wednesday's three times per month (not in school holidays)

Services include: pap smears, STI checks, pregnancy testing and pregnancy counselling, consultations on menopause. Advice on HRT, contraception, PMT, sexual difficulties, menstrual, domestic violence. Free and confidential services.

ACUPUNCTURE

Cost \$40 (30 minutes). Appointments essential, call

Mei Lan on 0414 899 386

Mei Lan is an accredited member of the Australian Traditional Chinese Medicine Association. **Available Tuesday and Friday by appointment.**

MASSAGE

Cost is \$50; \$45 for Healthcare Card or concession. Appointments essential, call 4369 1213 or 0407 522 369

Debbie is a qualified massage therapist offering a variety of techniques. **Debbie practices on Tuesdays & Fridays.**