

Tuesday

MENOPAUSE AND ME

10am – 12.30pm

\$5:00 donation

6-week psycho-educational group using a holistic approach, looking at myths and facts, gain a fresh perspective on menopause commencing Tuesday 6th March to Tuesday 10th April **Phone 4342 5905**



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

Wednesday

BOOK CLUB

10am - 12pm

FREE however \$5:00 donation appreciated.

Social morning sharing the books you love. Second Wednesday of the month: 14th February, 14th March, 11th April

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 Wednesday 7th February to 14th March

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, 7th February, 7th March, 4th April

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

21st February

21st March

IWD

18th April

Phone 4342 5905.

Sorry, no childcare available.

Thursday

BREAKING FREE

10am - 12.30pm

FREE however \$5:00 donation per session appreciated

Breaking Free provides education and support for women who have experienced domestic or family violence. To ensure this group meets the specific needs of its members, a screening interview is required. Nine week group commencing Thursday 15th February to 12th April

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 from 1st March.

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.

12 week group commencing Saturday 20th January to 7th April. 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.**

