



Phone: 4342 5905

Email: pwhc@cccwhc.com.au
20A McMasters Road, Woy Woy 2256



This symbol indicates that childcare is available; pre-booking is necessary.

Wot's on

Woy Woy

TUESDAY

KI YOGA – with Astrid

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.

Time: 9.30am—10.30am

Dates: Six week group commencing 5 February

Cost: \$5 donation per session appreciated

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No childcare available.

Card Making with Maggie

A fun, social, creative session for all ages, guided by Maggie. No previous experience required.

Time: 9.30am—12.00pm

Dates: Tuesdays: 5 February, 5 March, 2 April

Cost: \$5 donation per session

Phone 4342 5905

No childcare available.

Acupuncture

Mei Lan is an accredited member of the Australian Traditional Chinese Medicine Association.

Days: Tuesdays and Fridays

Cost: \$45 (30 minutes)

Appointments essential, call Mei Lan on 0414 899 386.

No childcare available.

Massage

Debbie is a qualified massage therapist offering a variety of techniques.

Days: Tuesdays and Fridays

Cost: \$55 (\$50 for Healthcare Card or concession). **Appointments essential**, call Debbie on 4369 1213 or 0407 522 369.

WEDNESDAY

Meditation—Finding Your Calm, with Catherine Martire-Wright

Find the stillness within and reap the benefits that meditation has to offer. Catherine Martire-Wright will guide you through an hour of connecting to your breath, which will leave you feeling more grounded, connected, peaceful, relaxed and rejuvenated.

Time: 10.00am—11.00am

Dates: 13 February, 20 February, 27 February, 13 March, 20 March, 27 March, 3 April, 10 April

Cost: \$10 per session

Bookings: 4342 5905

No childcare available.

Chat & Cuppa Time

Come along and explore a health topic and share wisdom and joy with other women.

Time: 10.00am—12.00pm (come along for all or part of the 2 hours)

Dates: Wednesday: 20 February, 20 March 2019

No childcare available.

Women's Health Clinic

Services provided by women to women include: pap smears, STI checks, pregnancy testing and counselling, consultations on menopause, contraception, PMT, menstrual. Free and confidential services.

Available on Wednesdays.

Appointments are necessary; contact the Women's Health Service on 4367 9600

No childcare available.

WEDNESDAY cont'd

Lomi Lomi Massage—with Jen

Lomi Lomi is a massage technique derived the ancient Polynesians which works gently, yet deeply, on the muscles by using continuous flowing strokes. This massage is designed to totally nurture and relax the body, allowing you to let go and simply be.

Time: by appointment from 9.30am

Dates: 30 January; February 13 & 27; March 13 & 27; April 10

Cost: \$25 per session

Bookings: 0412 595 990

THURSDAY

The SHARK CAGE® with Karina

This course will give you the tools to feel empowered and decrease the likelihood of future involvement in unhealthy and unsafe relationships.

Time: 10.00am—12.00pm

Dates: 14 February, 21 February, 28 February and 7 March 2019

Cost: By donation, \$5 appreciated

Bookings are essential: 4342 5905



✓Childcare available; pre-booking required (\$3 per child & session)

Triple P Positive Parenting Program

This program is for all families and provides practical answers to everyday concerns

Time: 9.30am—11.30am

Dates: 14, 21 & 28 March, 4 & 11 April

Cost: \$10 donation appreciated

Bookings are essential: 4340 1585 or email ccfss@ccfss.com.au



✓Childcare available; pre-booking required (\$3 per child & session)



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FRIDAY

Women's Walking Group

For women of moderate fitness, not suitable for beginners. Come and join other women who walk together on Friday mornings for fitness and a social get-together. We meet at 9am and walk until approximately 1pm. Bring water, a hat, sunscreen and wear good walking shoes.

Time: 9am—1pm

Dates: Every Friday from 1 March

Cost: \$3 donation plus extra \$2 suggested if you are a passenger in the car pool.

Call 4342 5905 for more info.

No childcare available.

Massage

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Days: Tuesdays and Fridays

Cost: \$55 (\$50 for Healthcare Card or concession). **Appointments essential**, call Debbie on 4369 1213 or 0407 522 369.

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Days: Tuesdays and Fridays

Cost: \$45 (30 minutes).

Appointments essential, call Mei Lan on 0414 899 386.

No childcare available.

SATURDAY

Saturday Yoga—with Gail

This is a private group. Please bring your own yoga mat and wear comfortable clothing.

Time: 9.30am—10.30am

Dates: Every Saturday, 2 February—6 April

Cost: \$10 per class, paid directly to facilitator

Call 0422 052 346

No childcare available.

SPECIAL EVENT INTERNATIONAL WOMEN'S DAY CELEBRATIONS

International Women's Day 2019 will be celebrated at all three Central Coast Community Women's Health Centres

The Peninsula Women's Health Centre (Woy Woy) will host a Morning Tea celebration on 6th March. Details will be published soon!

Date: Wednesday 6 March 2019

Time: 10.00am—12.00pm

Cost: Free

Childcare is not available although children are welcome to attend with you.

To learn more about International Women's Day visit

www.internationalwomensday.com

New Peninsula Centre Coordinator

We're pleased to introduce Tracy McCown in the role of Centre Coordinator at the Peninsula Women's Health Centre



Tracy has dedicated her time, energy and skills working in the not-for-profit sector across mental health and cancer over the last decade. The roles were diverse, but ultimately she was always working directly with individuals whose lives had been dramatically changed by circumstances that created great pain and suffering.

Tracy brings not only a person-centred approach to working with people, she is also a respected, skilled and compassionate teacher, trainer, facilitator and mentor using strength-based and trauma-informed approaches to her work with individuals and small groups. Tracy believes that by working together with honest intent to provide support based on the needs of the individual, each of us have the opportunity to make a difference in the lives of people and the communities they live in.

Email: pwhc@cccwhc.com.au

Our Vision: 'A feminist health centre of excellence enabling Central Coast women access to holistic health care.'
We acknowledge the Darkinjung people who are the traditional custodians of the land on which we live and work and remember that this is Aboriginal Land.



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