



Peninsula Women's Health Centre  
 Email: [pwhc@cccwhc.com.au](mailto:pwhc@cccwhc.com.au)  
 Phone: 4342 5905  
 20a McMasters Road  
 Woy Woy NSW 2256

Open Hours: 9am- 4pm

Sun	Mon	Tues	Wed	Thur	Fri	Sat
		✓	✓	✓		

# Wot's On Woy Woy Term 4 2023



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

## TUESDAY

### Creative Care Group with Jacquie



Creative Care with J'Qui, a registered Art Therapist. Creative Care is Self Care! – it is both mindful and mindless. Creative activity reduces stress and increases serotonin levels and our feel good hormones. From marbling to mandalas, weaving to watercolours. It's more about the process than the perfection!

You are invited to bring your own lunch to eat during the session!

**Time:** 11.00am—1.00pm

**Date:** Tuesday 17, 24 & 31 October; 7, 14 & 21 November 2023.

(6 weeks)

**Cost:** \$5 for materials

**Bookings:** call 4342 5905

No Childcare available

## TUESDAY

### Mums and Bubs Return to Exercise Class with Lisa

Join me for this 6 week program as we connect to the pelvic floor and core through breathing and specific exercises. A gentle way to ease back into exercise to make sure you feel supported from the inside out.



**Times:** 9.30am—10.15am

**Dates:** Tuesday 24 & 31 October; 7, 14, 21 & 28 November 2023.

**Cost:** \$10 per class

**Required Equipment:** Bring your yoga mat (mats cannot be shared) and a water bottle.

**Bookings:** call 4342 5905

## WEDNESDAY

### Gentle Yoga with Dee

Come along for a gentle yoga class suitable for all. (6 weeks)

**Times:** 9.00am—10.00am

**Dates:** each Wednesday 8, 15, 22 & 29 November; 6, & 13 December 2023

**Cost:** \$5 donation

**Required Equipment:** Bring your yoga mat (mats cannot be shared) and a water bottle.

**Bookings:** call 4342 5905



## WEDNESDAY

### Baby Massage delivered by Core of Life/Sophie Hadlow

"Nurturing touch supports a loving, secure relationship"

Baby Massage 4 week group is run by a certified Baby in Mind instructor/midwife.

**Time:** 10.30am—11:45am

**Date:** Wednesday 8, 15, 22 & 29 November 2023

**Cost:** By donation

**To book:**

**Use QR code or call 4342 5905**



### Lomi Lomi Massage with Jen

This massage technique works gently, yet deeply, on the muscles by using continuous flowing strokes.

45 Minute. appointment  
**Time:** : 9.00am, 10.00am & 11:00am

**Dates:** Wednesday 8, 22 Nov; 6 December 2023

**Cost:** \$35 per session

**Appointments required:**  
**Call 4342 5905**



## Save the Date Thursday 7 March 2024!

We are organising the annual International Women's Day event and we'll provide more details in 2024!

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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# Wot's On Woy Woy Term 4 2023



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## WEDNESDAY

### Circle of Security with Central Coast Family Support Services

The Circle of Security is a relationship-based early intervention program designed to enhance attachment security between parents and their children.

**Times:** 12:30pm—2:30pm

**Dates:** Wednesday 25 October;;  
1, 8, 15, 22 & 29 November 2023.  
(6 weeks).

**Cost:** by donation

For more information please call  
Central Coast Family Support  
Services on **4340 1585** or email  
[ccfss@ccfss.org.au](mailto:ccfss@ccfss.org.au)



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

### Women's Health Clinic now open on the first Wednesday of each month at the Peninsula Women's Health Centre

The outreach clinic is run by our  
experienced Registered Nurse,  
and is free to all women that are  
eligible for Medicare benefits.  
The clinic provides cervical  
screening tests and HPV self  
collection tests.

**Appointments essential:**

Contact the Wyoming  
Women's Health GP Clinic  
on **4324 2533**.

## THURSDAY

### Shark Cage with Clare

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

**Time:** 10.00am-12.00pm

**Date:** Thursdays 2, 9, 16, 23, 30  
November; 7 December 2023 (6  
sessions)

**Bookings:** 4342 5905

**Cost:** \$5 donation



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

## SCHOOL HOLIDAY FUN!

### Spring Floristry Classes to Welcome Spring

Learn to create a Japanese  
hanging moss ball. We will be  
working with living succulents,  
soil, moss and twine to construct  
this design. Get ready to get a  
little dirty and have a lot of fun!

**Dates:** **Wednesday 27th Sept** for  
parents with children aged over 5  
years.

**Thursday 5th October** for women  
only.

**Time:** 10.00am-11.30pm

**Bookings:** Call **4342 5905**

**Cost:** \$10 per Kokedama

All materials and tools supplied.



## FRIDAY

### Walking Group

Join other women of moderate  
fitness who walk together for  
fitness and a social get-together.  
First time walkers, please start with  
an easy walk so we can assess your  
fitness level. We meet 8.50am at  
the location detailed on the yellow  
schedule of walks.

Information can be collected from  
the Peninsula Women's Health  
Centre's stand on the front  
veranda or call 4342 5905.

We walk between 3 and 4 hours  
(this includes travel time and a  
coffee break). Please bring water,  
hat and wear sturdy walking shoes.

**Time:** 8.50am for 9am start

**Dates:** Each Friday

**Cost:** \$5 donation

Visit the Centre to pick up the  
schedule of walks or call  
**4342 5905**.



### Acupuncture with Mei Lan

Mei Lan is registered with the  
Australian Health Practitioner  
Regulation Agency (AHPRA) and an  
accredited member of Chinese Medi-  
cine & Acupuncture Society of Austral-  
ia (CMASA).

**Dates:** Fridays

**Cost:** \$50 (30 minutes)

**Appointments essential:**

Call Mei Lan on **0414 899 386**

No childcare available



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2023 Term 3



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# Wot's On Woy Woy Term 4 2023



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## Join Us for Morning Tea!

2023 Referendum:

If you want to know more - come along and find out.

**Date: Tuesday 10th October 2023**

**Time: 10:00am to 12:00pm**

**Venue: Peninsula Women's Health Centre, 20a McMasters**



Central Coast for Yes invites you to gather at Peninsula Women's Health Centre and discuss the history of our colonial past; the lack of recognition of Aboriginal and Torres Strait Islanders in the constitution since 1901; and how a Voice to Parliament can make a difference here on the Central Coast and across Australia. Presented by Corinne Hodson, Community Engagement Manager, Barang Regional Alliance.

Morning tea will be provided.

No childcare provided.

**Please RSVP by 5th October 2023 by calling 4342 5905**



## Women's Health Week —inviting local women to celebrate health through movement!

A fun opportunity for women to get out, join a local activity group and make new friends. Every step counts!



**Date: Wednesday 18th October 2023**

**Time: 10:00am to 2:00pm**

**Where: Peninsula Women's Health Centre, 20a McMasters Road, Woy Woy**

**Cost: FREE**

**TO REGISTER: Call 4342 5905 or email [pwhc@cccwhc.com.au](mailto:pwhc@cccwhc.com.au)**



### Activities include:

- Personal Training @ 10.00am
- Tai Chi @ 11.00am
- Boxing @12.00pm
- Chakradance@ 1.00pm



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@CCCWHC



@CCCWOMENSHEALTHCENTRE



2023 Term 3