



# Blacktown Women's and Girls' Health Centre

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## FREE Health and Wellbeing Women's Workshops including Morning Tea!

Our workshops are an opportunity to increase your health and wellbeing through holistic approaches to wellness

### Mindful Aromatherapy for Natural Skin Care

**Tuesday 13th August**

**11:15am to 12:45pm**

*Join us and learn about Aromatherapy & natural skin care and have fun while making your own creations*

### Mindful Aromatherapy for the home

**Tuesday 20th August**

**11:15am to 12:45pm**

*Learn all about using Aromatherapy in your home, green cleaning tips, recipes and more...*

### Food Labels Demystified Workshop

**Tuesday 27th August**

**11:15am to 12:45pm**

*Learn how to read and interpret food labels to help you make healthier food choices for your health and wellbeing*

### Spring Time Gardening Workshop

**Tuesday 10th September**

**11:15am to 12:45pm**

*Spring time is the perfect time to get back in the garden... Learn what to plant this spring, how to compost & natural gardening methods*

Call us now on **9831 2070**, to book your spot

**Please Note: There is no onsite parking for clients or visitors.**