



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

Gut Health

Tuesday 25th February

11:00am - 12:15pm

Learn all about Gut Health, the latest research and which foods to include more in your diet to support your gut and wellbeing.

Sleep Better

Tuesday 4th March

11:00am - 12:15pm

Learn nutrition & lifestyle tips and strategies to support wellbeing and encourage better sleep routines and patterns for a better night's sleep.

Gardening

Tuesday 18th March

11:00am - 12:15pm

Join us for a fun and engaging workshop, get your hands dirty and plant some seasonal seeds and seedlings to take home.

Eggcellent Easter Workshop

Tuesday 8th April

11:00am - 12:15pm

Join us for a fun and creative workshop and decorate some gifts & decorations for Easter time.

Please Ring our Reception on **9831 2070**, to book your spot

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