



Blacktown Women's and Girls' Health Centre

6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344

E: info@womensandgirls.org.au | W: www.womensandgirls.org.au

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

Massage for Wellbeing

Tuesday 13th May

11:00am - 12:15pm

Learn how to give yourself a relaxing foot massage to help stress reduction and support tired feet.



Storing Food Safely

Tuesday 20th May

11:00am - 12:15pm

*Learn Important food safety tips for the home cook.
Learn all about storing & how to consume food safely.*

Beauty Therapy Tips

Tuesday 3rd June

11:00am - 12:15pm

Presented by our Massage Therapist Nawal who is a qualified Beautician. Learn some of her top beauty tips and how to do a mini facial treatment.

Vitamins & Minerals in Foods

Tuesday 10th June

11:00am - 12:15pm

Learn all about Vitamins & Minerals and which foods to find them in.



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

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