



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

Immune Super Foods for Winter

Tuesday 29th July
11:00am - 12:15pm

Improve your winter wellbeing and learn about helpful foods, nutrients and the ultimate winter recipes. Cooking demo included!

Happy Feet for Self-Care

Tuesday 5th August
11:00am - 12:15pm

Learn how to give yourself a relaxing foot soak & massage to help reduce stress and relax tired & aching feet.

Beauty Therapy Secrets

Back by popular demand - by Nawal (qualified Beautician).

Tuesday 19th August
11:00am - 12:15pm

Nawal will share her top natural beauty secrets & tips and show you how to give yourself a mini facial.

Spring Super Foods

Tuesday 26th August
11:00am - 12:15pm

Learn all about super foods to put a spring in your step this spring. Cooking demo included~!

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

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