



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

Healthy Snacks on the Go

Tuesday 21st October

11:00am - 12:15pm

Learn how to have more nutritious and healthier snacks for busy lives.

Cooking demo included!

Summer Smoothies

Tuesday 18th November

11:00am - 12:15pm

Learn how to make healthy and delicious smoothie's

Smoothie making demo included!

Gratitude Workshop

Tuesday 25th November

11:00am - 12:15pm

Learn all about the benefits of Gratitude how it can improve your wellbeing. Gratitude Jar making included.

Christmas Gifting

Tuesday 9th December

11:00am - 12:15pm

*Join us for a fun & creative workshop.
Make budget friendly Christmas gifts and decorations for the festive season!*

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

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