



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

Herbal Tea Workshop

Tuesday 10th February

11:00am - 12:15pm

*Learn about various herbal teas,
how to make them and their
wellbeing benefits.*

Tea tasting included!

Blue Zone Diets Workshop

Tuesday 3rd March

11:00am - 12:15pm

*Learn all about the healthiest
diets in the world, their health
benefits and how to include
these foods in your diet.*

Zen Gardening Workshop

Tuesday 10th March

11:00am - 12:15pm

*A hands on relaxing workshop where
you will learn how to create your
own terrarium to take home.*

Nourishing Breakfasts Workshop

Tuesday 17th March

11:00am - 12:15pm

*Learn how to nourish your body
and start your day with
nourishing foods to support
energy levels and vitality.*

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

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