



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

Mother's Day Workshop

Tuesday 5th May

11:00am - 12:15pm

Come along this Mother's Day for a feel good workshop; connect with others, enjoy a craft activity, share a few laughs and enjoy some time just for you.

Mind Ease Workshop

Tuesday 12th May

11:00am - 12:15pm

Learn healthy lifestyle strategies to reduce the impact of stress & anxiety on your body and mind.

Sleep reset Workshop

Tuesday 26th May

11:00am - 12:15pm

A practical session to learn about your body clock, improve sleep quality and wake feeling more rested and refreshed.

Winter Warmers Workshop

Tuesday 2nd June

11:00am - 12:15pm

Learn how to nourish yourself this winter with healthy, warming & nutritious foods to support wellbeing and vitality.

Please Ring Reception on 9831 2070 to book your spot