

WHAT'S ON @ WHT

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>9:30 to 10:30am Ageing Well with Weights 8 week course Starting Feb 18, 2019</p>	<p>10:30 - 11:30am Meditation Guided and safe with Jean Gilbert. By donation Starting Jan 8, 2019</p>	<p>9:45 - 11am Yoga (Hatha) experienced with Jen. \$8 per session Come early for a spot. Starting Jan 9, 2019</p>	<p>10 - 11:30am Meditation Mindfulness & Self Compassion Valerie 0405 329 687 Starting Jan 10, 2019</p>	<p>10am - 2pm Waste to Wonderful Textile skill sharing. Contact Jen on 0417 137 100 Starting Feb 8, 2019</p>
	<p>11am - 12pm Tai Chi Weekly \$8 Starting Feb 4, 2019</p>	<p>10 - 11:30am Fitball (beginners) Gil Whitehouse \$8 Starting Jan 8, 2019</p>	<p>10:30 - 12:30 Women's Walks 6231 3212 Calendar on the website Starting Jan 16, 2019</p>		
		<p>11am - 12:30pm Community Health Nurse Starting Jan 15, 2019</p>	<p>11:15am - 12:30pm Yoga (Hatha) beginners with Jen \$8 Come early for a spot. Starting Jan 9, 2019</p>		
PM	<p>3 - 4 pm Ageing Well with Weights Practice For women who have completed the 8 week course. Starting Jan 21, 2019</p>	<p>1 to 2:30 pm Changing your Mind Meditation Starting Jan 8, 2019</p>	<p>3 - 4pm Aging Well with Weights Practice For women who have completed the 8 week course. Starting Jan 23, 2019</p>		

Therapists and Monthly Groups

Breast Cancer Support Group

3rd Tuesday of the month 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support.
Starting on January 15, 2019

Bowen Therapy (NST)

Every Wednesday at the Centre. \$65 per session. Starting January 2, 2019.
To make an appointment, contact Christine Toyama on 0417 363 108.

Contenance Service

2nd Wednesday of the month, 1 to 3 pm. Free service. Starting February 13, 2019

Writers' Support Group

1st Wednesday of the month, 2 - 4 pm. New members welcome.
Starting on February 6, 2019.

Warped Wenches

3rd Saturday of the month, 10 am to 4 pm. A group of women who love to sew, and share an interest in all sorts of crafts.
Contact Denise 0417 808 871.

Come in for a cuppa, browse in our library or use the photocopier.