

WHAT'S ON @ WHT

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|---|--|---|---|--|
| AM | 9:30 to 10:30am Ageing Well with Weights 8 week course | 10:30 - 11:30am Meditation Guided and safe with Jean Gilbert. By donation Starting Jan 8, 2019 | 9:45 - 11am Yoga (Hatha) experienced with Jen. \$8 per session Come early for a spot. | 10 - 11:30am Meditation Mindfulness & Self Compassion Valerie 0405 329 687 | 10am - 2pm Waste to Wonderful Textile skill sharing. Contact Jen on 0417 137 100 |
| | 11am - 12pm Tai Chi Weekly \$8 | 10 - 11:30am Fitball (beginners) Gil Whitehouse \$8 | 10:30 - 12:30 Women's Walks 6231 3212 Calendar on the website | | |
| | | 11am - 12:30pm Community Health Nurse | 11:15am - 12:30pm Yoga (Hatha) beginners with Jen \$8 Come early for a spot. | 12:30 - 1:30pm Feldendrais April 11 to May 23 \$15 per session Wendy 0447 120 688 | |
| PM | 3 - 4 pm Ageing Well with Weights Practice For women who have completed the 8 week course. | 1 to 2:30 pm Changing your Mind Meditation | 3 - 4pm Aging Well with Weights Practice For women who have completed the 8 week course. | | |

Therapists and Monthly Groups

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| 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. |
| Bowen Therapy (NST) and Emmett Technique | Every Wednesday at the Centre. \$65 per session. To make an appointment, contact Christine Toyama on 0417 363 108. |
| Continance Service | 2nd Wednesday of the month , 1 to 3 pm. Free service. |
| Writers' Support Group | 1st Wednesday of the month , 2 - 4 pm. New members welcome. |
| 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.