



Women's Health Tasmania Activities

Classes at the Centre

Monday	Tuesday	Wednesday	Thursday
11 am - 12pm Tai Chi with Jane \$10 Please book a spot	10.30am – 11.30am Meditation with Jean Free or by donation	9.30am - 11am Yoga with Jen \$10 Please book a spot	10am - 11am Meditation with Valerie Free or by donation

For all classes at the Centre please call 6231 3212 to book your space

Online Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Zumba with Rhonda	Pilates with Susan	Weights with Maree	Meditation with Valerie	Dancing w/ Zoe and Margie

New classes are posted every day in our Facebook group 'Women's Health Tas Online Classes'. You can also access them by signing up to our E-newsletter via the website.

Walking Group

Walks take place in the Hobart metropolitan area and begin at **10.30am on Wednesdays**. If you'd like to attend, please call **6231 3212** or email: info@womenshealthtas.org.au

Breast Cancer Support Group:

Third Wednesday of each month 11.45am - 1.15pm at 25 Lefroy Street. Contact Rosemary on 0474 243 613 for more details.