



**Women's Health Tasmania**

## Women's Health Tasmania Activities

### Classes at the Centre

Monday	Tuesday	Wednesday	Thursday
<b>11 am - 12pm</b> <b>Tai Chi with Jane</b> \$10 Please book a spot	<b>10.30am – 11.30am</b> <b>Meditation with Jean</b>  Free or by donation	<b>9.30am – 11.15am</b> <b>Yoga with Jen</b> \$15 Please book a spot	<b>10am - 11am</b> <b>Meditation with Valerie</b>  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
<b>Zumba with Rhonda</b>	<b>Pilates with Susan</b>	<b>Weights with Maree</b>	<b>Meditation with Valerie</b>	<b>Dancing w/ Zoe and Margie</b>

**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](mailto: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.