



LIVERPOOL  
WOMEN'S  
HEALTH CENTRE



02 9601 3555



SWSLHD-LiverpoolWomensHealthCentre@  
health.nsw.gov.au



26 Bathurst Street, Liverpool NSW 2170

# GROUPS & EVENTS - TERM 3, 2022

## YOGA (\$5 per class)

Relax & unwind with Kris while improving your balance, flexibility & fitness.

Session Dates: 18th July - 19th September

### MONDAY MORNINGS (3 SESSIONS)

Yoga in a Chair -> 9:15am - 10:00am **OR**

Yoga for Managing Stress -> 10:15am - 11:00am **OR**

Gentle Yoga -> 11:15am - 12:00pm



## TAI CHI (\$5 per class)

Facilitated by Ling to reduce stress, and improve your balance, fitness, blood flow and tranquility.

Session Dates : 19th July - 20th September

### TUESDAY MORNINGS (2 SESSIONS)

Beginners Class -> 10:00am - 11:00am **OR**

Gentle Class -> 11:00am - 12:00pm

## LUNCH WITH LING (Free)

Meet other women in the community, socialise, and participate in fun activities.

Tea, coffee and light lunch provided.

Session Dates: 19th July - 20th September

**EVERY TUESDAY** / 12:00pm - 2:00pm



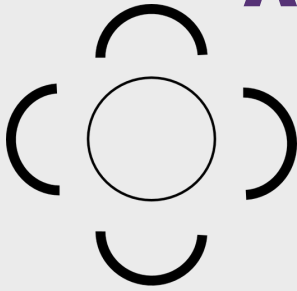
## CRAFT & CONNECTION (Free)

Morning tea and various arts & craft activities while socialising with others. Your suggestions for activities are welcome!

Session Dates: 20th July - 21st September

**WEDNESDAY MORNING'S** / 10am - 12:30pm





## ABORIGINAL WOMENS GROUPS (Free)

### YINARR YINARRGU

Meets **WEDNESDAY MORNING'S** 10:00am - 12:00pm  
Contact Del - 0422 009 302

### ABORIGINAL WOMEN'S CRAFT & YARN

**THURSDAY MORNING'S** 10:00am - 12:30pm  
Contact Sandy - 9601 3555

## ARABIC SPEAKING WOMENS GROUP

Socialise with others and participate in health and wellbeing workshops, arts & craft, as well as various outings and fun activities.

Session Dates: 22nd July - 23rd September

**FRIDAY MORNING'S** / 10:00am-12:30PM

(Free)



## SPANISH SPEAKING WOMENS GROUP (Free)

Hosted by Ana our Spanish speaking facilitator. This groups focus is building emotional wellbeing & building friendships with others in the community.

Session Dates: 1st June - 29th June,  
20th July - 21st September.

**WEDNESDAY AFTERNOON'S** / 2pm-4:30pm

## HINDU/URDU SPEAKING WOMENS GROUP

Join Nanceylee for this group which builds friendships within the community through food, laughter, sing & dance.

Session Dates: 22nd July - 23rd September

**FRIDAY MORNING'S** / 10:00am-12:30am

(Free)



**Registration is essential to attend one of our groups.**

**You can call us on 02 9601 3555 or scan the QR code to register online through Eventbrite**

