

THURSDAY GROUPS

16TH OCTOBER – 11TH DECEMBER

9:00
12:00

PILATES, MEDITATION, STRETCHING

Pilates to build core strength.
Stretching to improve flexibility.
Meditation to relax your mind

Mat Pilates | 9:00am - 10:00am
Stretching | 10:15am - 11:00am
Meditation | 11:15am - 12:00pm
16th Oct – 11th Dec
\$20 per term

10:30
12:30

CRAFT & YARN ABORIGINAL WOMEN'S GROUP

A safe space for Aboriginal women co-facilitated with Gandangara
Contact Sandy for enquiries.
16th Oct – 11th Dec

10:30
12:30

THRIVE – LIVE YOUR BEST LIFE

Learn powerful strategies to boost happiness, improve relationships, and increase life fulfillment.

1:00
3:00

FIND YOUR VOICE LWHC'S CHOIR

A fun workshop practicing vocal techniques and group singing.

FRIDAY GROUPS

17TH OCTOBER – 12TH DECEMBER

10:00
12:00

VIETNAMESE SPEAKING WOMEN'S GROUP

Morning tea and guest speakers for Vietnamese-speaking women

Dates: 10th Oct, 24th Oct, 7th November, 21st November & 5th December

10:00
12:00

ARABIC SPEAKING WOMEN'S GROUP

Health education, morning tea, and community connection.

17th Oct – 12th Dec

10:00
12:00

HINDI/URDU SPEAKING WOMEN'S GROUP

Build friendships through food, laughter, singing & dancing

Dates: 17th Oct, 31st Oct, 14th Nov, 28th Nov, 12th Dec

9:00
10:00

@ CARNES HILL COMMUNITY CENTRE TAI CHI CLASSES

Gentle movement for balance, calm, and wellness.
\$20 per term

10:00
11:00

@ CARNES HILL COMMUNITY CENTRE POWER OF FLOWER

A flower-based workshop empowering women to connect with their inner beauty and self-worth.

@ MICHAEL WENDEN SWIMMING

Join our Learn to Swim Program at Michael Wenden Aquatic Centre with qualified instructors for all levels
12pm-1pm Instructor
1pm-2pm Free time

12:00
2:00

1:00
2:30

HELLO, DIGITAL!

Empowering women with the skills and confidence to navigate the digital world.

Date: 17th Oct - 12th Dec



LIVERPOOL
WOMEN'S
HEALTH CENTRE

TERM 4 GROUPS

OCTOBER – DECEMBER

**A safe space in the
community for women.**

Our Location

26 Bathurst Street, Liverpool NSW 2170
(Corner of Bathurst and Campbell Streets)
Please note: No on-site parking is available.

Opening Hours

Monday – Friday (9:00am – 5:00pm)

Contact Us

Phone : (02) 9601 3555

Fax: (02) 9824 0448

Email :

SWSLHD-LiverpoolWomensHealthCentre@health.nsw.gov.au

Website:

liverpoolwomenshealth.org.au



MONDAY GROUPS

13TH OCTOBER – 8TH DECEMBER

9:15

12:00

YOGA CLASSES

Overcome stress and anxiety, relieve tension and calm the mind with the help of gentle stretch and meditation.

Yoga in a Chair | 9:15am - 10:00am
Managing Stress | 10:15am - 11:00am
Gentle Yoga | 11:15am - 12:00pm
Dates: 13th October – 8th Dec

\$20 per term



Bookings essential for all groups, info sessions and events.
Call us on (02) 9601 3555 to register.

TUESDAY GROUPS

14TH OCTOBER – 9TH DECEMBER

10:00

12:00

TAI CHI CLASSES

Gentle movement for balance, calm, and wellness.

Beginners Class | 10:00am - 11:00am
Gentle Class | 11:00am - 12:00pm
Dates: 14th Oct – 9th Dec

\$20 per term

9:30

11:30

BEGINNERS ENGLISH CLASS CORE COMMUNITY SERVICES

Improve language English skills
Gain confidence speaking in English
make new friends

9.30am to 11.30am
14th October to 2nd Dec

Ages 18-55 Years Old

12:00

2:00

COOKING

Learn more about cooking with plant-based ingredients and sample a variety of vegetarian food prepared by Ling.

12:00pm – 2:00pm
(14th Oct – 9th Dec)

WEDNESDAY GROUPS

15TH OCTOBER – 10TH DECEMBER

10:00

1:00

SPANISH SPEAKING WOMEN'S GROUP

Fun memory games and creative activities to boost brain health in a supportive environment.

Dates: 15th Oct – 10th Dec

10:00

2:00

CRAFT & CONNECTIONS

A social group with art, craft, mentorship, and connection.

Session 1 | 10.00am - 12:00pm
Session 2 | 12:00pm - 2:00pm

15th Oct – 10th Dec

