

Yoga Classes

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

Dates: 22nd July - 23rd September

EVERY MONDAY MORNING

Sessions:

1. Yoga in a Chair | 9:15am - 10:00am
2. Yoga for Managing Stress | 10:15am - 11:00am
3. Gentle Yoga | 11:15am - 12:00pm

Cost: \$20 per 10 week term.

Gardening Gracefully

Join our wonderful facilitator Ling to:

- Learn about the whole cycle of plant life.
- Learn about the soil health.
- Learn about the benefits of gardening mindfully and heartfully.
- Have fun and laugh while learning to improve your self care and confidence

Dates: 23rd July - 24th September

Every Tuesday 12:00pm - 2:00pm

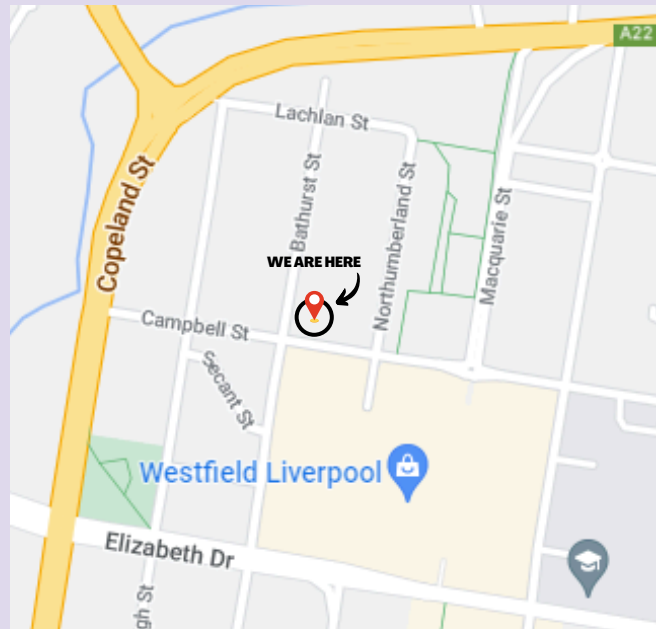
Cost: Free.

Bookings essential for all groups, info sessions and events.

Call us on (02) 9601 3555 to register.

Our Location

26 Bathurst Street, Liverpool 2170
(Corner of Bathurst & Campbell Street)
No on-site parking available



Contact Us

Phone : (02) 9601 3555

Fax: (02) 9824 0448

Email :

SWSLHD-LiverpoolWomensHealthCentre
@health.nsw.gov.au

Facebook:

www.facebook.com/LiverpoolWomensHealth

Website:

liverpoolwomenshealth.org.au



GROUPS & WORKSHOPS SCHEDULE

TERM 3, 2024

A safe space in the community for women.

Liverpool Women's Health Centre offers a broad range of client-centred, evidence-based, primary and preventative health care services and programs. These services aim to improve the health and wellbeing of women, particularly women experiencing disadvantage. Services and programs are offered free or at low cost and are provided by professional, qualified and experienced practitioners.

Opening Hours

Monday - Friday (9:00am - 5:00pm)

Find Your Voice LWHC's Choir

Come and join us in this workshop where we will practice some vocal techniques and some group singing in a relaxed, fun and supported learning environment..

Dates: 25th July – 26th September

Every Thursday 1:00pm – 3:00pm

Cost: Free.

Tai Chi Classes

Join our facilitator Ling to engage the body and mind to find your balance.

Dates: 23rd July – 24th September

EVERY TUESDAY MORNING

Sessions:

1. Beginners Class | 10:00am – 11:00am
2. Gentle Class | 11:00am – 12:00pm

Cost: \$20 per 10 week term.

Craft & Connections

A social group filled with art & craft activities, mentorship and building connection with others.

Dates: 24th July – 25th September

EVERY WEDNESDAY 10am-12:30pm

Cost: FREE. Donations for activity materials are appreciated. Tea and coffee provided.

Scrapbooking with Ling

Join our women's circle in a relaxed and friendly atmosphere and be crafty. Let your creativity run loose while creating your own scrapbook!

What to bring: Photos, tickets, postcard, stamps, memorabilia, signs, poems, letters, old picture books.

What is provided: Glue, sticky tape, books, ribbons, scissors.

Dates: 23rd July – 24th September

EVERY TUESDAY 12:00pm – 2:00pm

Cost: Free

Tai Chi & Meditation

Join our facilitator Ling to experience the serenity and balance of Tai Chi in our classes, where you'll cultivate mindfulness, enhance flexibility, and promote overall well-being through graceful, flowing movements.

@ Carnes Hill Community Centre

Dates: 26th July – 27th September

EVERY FRIDAY MORNING 10:00am- 11:25am

Cost: Free.

Thursday Catch Ups

A social group to connect and share information and experiences in a friendly supportive atmosphere. Childcare is provided, so come relax, enjoy morning tea and learn something new from interesting guest speakers.

Dates: 25th July – 26th September

EVERY THURSDAY 10:30AM – 12:30PM

Cultural Groups

Spanish Speaking Women's Group

Wellness Women's Circle. Facilitated by Ana featuring mindfulness, creativity, connection and mandalas to recover your inner harmony.

Dates: 24th July–25th September

Every Wednesday 10am-1:00pm

Craft & Yarn Aboriginal Women's Group

Co-facilitated with Gandangara

Dates: 25th July – 26th September

Every Thursday 10:00am – 12:30pm

For enquiries contact Sandy on 9601 3555

Hindi/Urdu Speaking Women's Group

Join Nanceylee for this group which builds friendships through food, laughter, sing & dance. In partnership with Bonnies Support Services.

Dates: Starting on the 12th July

Friday's Fortnightly 10:00am – 12:00pm

Vietnamese Speaking Women's Group

Hosted at LWHC in partnership with Asian Women at Work, Justice Support Centre and SWSLHD Multicultural Health Services.

Dates: Starting 2nd Aug

For enquiries contact Thi (0404 435 223).

Friday's Fortnightly from 10:00am – 12:00pm

Arabic Speaking Women's Group

Join Iman for health education sessions, morning tea, building friendships and connections with the community.

Dates: 24th July – 25th September

Every Wednesday 10am-12:00pm

Fijian Speaking Women's Group

A place for Fijian women to reconnect, build friendships, learn and preserve culture, and access support.

Every Tuesday 10am-12:00pm

Bookings essential for all groups, info sessions and events.

Call us on (02) 9601 3555 to register.