

## Carnes Hill Community Centre Outreach Programs

### 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.

Dates: 18th Oct + 8th November - 20th December

**EVERY FRIDAY MORNING 9:00am - 10:30am**

### Cooking with Ling

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

Dates: 18th Oct + 8th November - 20th December

**EVERY FRIDAY MORNING 10:30am - 12:00pm**

Cost: FREE.

## Cooking with Ling

Join our wonderful facilitator Ling to:

- Try dishes inspired by Japanese cooking.
- Learn more about cooking with plant-based ingredients
- Sample a variety of vegetarian food prepared by Ling.

Dates: 15th October - 17th December

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

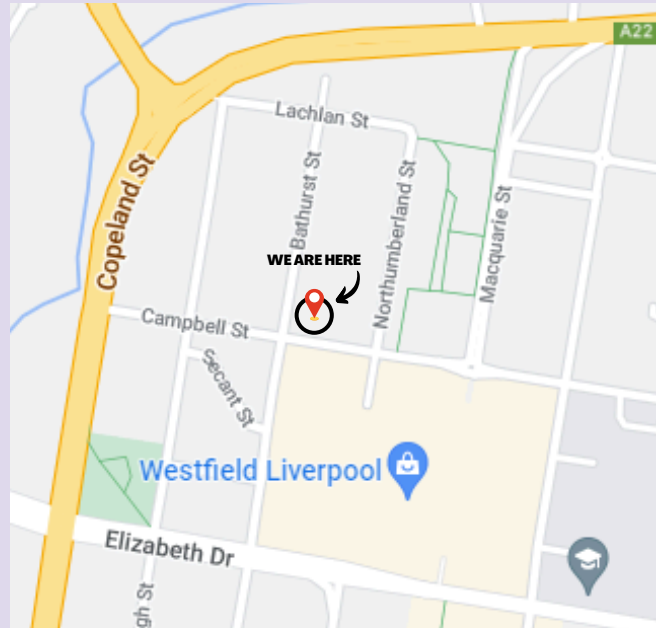
Cost: Free.

**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 4, 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)

## Yoga Classes

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

Dates: 14th October - 16th December

### 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.

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## Tai Chi Classes

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

Dates: 15th October - 17th December

### EVERY TUESDAY MORNING

Sessions:

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

Cost: \$20 per 10 week term.

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## Mat Pilates @ LWHC

Discover the core-strengthening benefits of Pilates in our beginner-friendly class - perfect for those new to Pilates or looking to refine their technique.

Dates: 16th October - 18th December

### EVERY THURSDAY MORNING

Sessions:

1. Session 1 | 10:00am - 11:15am
2. Session 2 | 11:30am - 12:45pm

Cost: \$5 per person per session.

## Learn to Swim Program

In partnership with Belgravia Leisure and hosted by Michael Wenden Aquatic Centre, we are providing a Learn to Swim Program. Whether you are new to swimming, or want to improve your swimming skills, qualified & experienced instructors will guide you step by step.

Dates: 18th October - 6th December

Location: Michael Wenden Aquatic Centre

Cost: Free

### EVERY FRIDAY 12:30pm - 2:00pm

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## Thursday Catch Ups

At our Thursday Catch-ups, we will focus on practical ways to enhance our overall well-being. Together, we will explore the science of flourishing and discover strategies within our control to improve our health and life satisfaction.

Dates: 17th October - 19th December

### EVERY THURSDAY 10:30AM - 12:30PM

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## 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: 17th October - 19th December

### EVERY THURSDAY 1:00pm - 3:00pm

Cost: Free.

## Cultural Groups

### Spanish Speaking Women's Group

Creativity and Games for Healthy Brains.

Do you forget things or feel that your thinking is slow?

Come along and learn techniques to improve your memory, while playing games and having fun, and help build your happy and healthy brain.

Dates: 23rd October - 18th December

**Every Wednesday 10am-1:00pm**

### Craft & Yarn Aboriginal Women's Group

Co-facilitated with Gandangara. A safe space for Aboriginal Women to come together.

Dates: 17th October - 19th December

**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: 4th Oct, 18th Oct, 1st Nov, 15th Nov, 29th Nov.

**Friday's Fortnightly 10:00am - 12:00pm**

### Vietnamese Speaking Women's Group

Hosted at LWHC in partnership with Justice Support Centre, this group brings together Vietnamese Speaking Women to enjoy morning tea and learn something new from interesting guest speakers.

Dates: 25th Oct, 8th Nov, 22nd Nov, 6th Dec, 20th Dec.

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: 16th October - 18th December.

**Every Wednesday 10am-12:00pm**

**Bookings essential for all groups, info sessions and events.**

**Call us on (02) 9601 3555 to register.**