The Centre will hold a Planning Day on 19th May 2017 to plan our calendar of workshops for the balance of the year and the commencement of 2018.

We welcome input from members and the community in general. If any member wishes to have a workshop on any topic considered, please contact the Centre before 19th May and every endeavour will be made to incorporate your request. On planning day, often an existing workshop will be expanded or altered to include input from the participants of previous workshops and the community. By including the wishes of the community, the Centre maintains the relevance of our workshops for participants.

It has been wonderful to see the recent rain and the ‘greening’ of Hervey Bay. I hope the cooler weather will encourage people to get out and about again and enjoy our beautiful city.

Greta

HEALTHY BUTTERFLY SISTERS WALKING GROUP

A free walking group for all women aged 18 years and over is held every Monday, Wednesday and Friday at various venues in Hervey Bay; Urangan, Torquay, Scarness. We walk on the beach, weather permitting or on the footpaths: walking time is 5.30 am to 6.30 am.

The walking group was started in October 2016, by two women and has had up to 21 women walking with a minimum number of 13.

This group is a time for women to come together to support each other, increase social and emotional well being, increase physical activity, and enjoy the beauty of Hervey Bay.

There are over 80 members on the Group page. There have been many themes: Christmas, St Valentines Day, St Patrick’s Day, birthday celebrations, honouring losses in our community with walks of Respect and Love. This group of women have connected through love and laughter with lots of talking and caring.

The walking group is in the process of being registered with the Heart Foundation, and further information will be available on the website.

For more information please contact Marj on 4125 5788
**INDIGENOUS NEWS - with Marj**

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**Galangoor D’Buthbee**

Good Morning in ‘Butchulla’ language

I would like to acknowledge our Traditional Owners ‘Butchulla’ Elders both past and present and all of their descendants, whose land we all live, work and play on.

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**The Easter Bunny is coming to town !!**

UnitingCare Community

Guwanu CaSE Pogram

Invites you and your family to

**FREE EASTER FAMILY FUN DAY**

**DAYMAN PARK, LOWER CAR PARK**

**TUESDAY 11TH APRIL, 2017**

10 AM - 2 00 PM

FREE  BBQ AND DRINKS, MUSIC, EASTER EGG HUNT. MAKE YOUR OWN EASTER BASKET. LOTS OF PRIZES. EASTER BUNNY WILL BE HOPPING IN FOR A VISIT.

For any information about this please contact Lesa Stagg at Uniting Care Community on 4191 3100

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**National Reconciliation Week (NRW) 2017**

The theme for NRW 2017 is:

‘Let’s Take the Next Steps’.  

In 2017, we reflect on two significant anniversaries in Australia’s reconciliation journey

**50 years since the 1967 referendum, and 25 years since the historic Mabo decision.**

As we commemorate these significant milestones, we ask all Australians to be a part of the next big steps in our nation’s reconciliation journey.

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**Date Claimer**

**Bringing and Keeping Our Ghundus Home**

**Strengthening Our Place**

A project funded by Queensland Family Child Commission (QFCC) in partnership with Queensland Council of Social Service (QCOS) and auspiced by Wide Bay Women’s Health Centre Inc will host three activities in Hervey Bay and Maryborough.

This project is for Elders, community members, Kinship Carers, services/organisations, young people living in out-of-home-care, with the aim being to provide recommendations/suggestions to bring and keep our Ghundus (Kids) home.

This will be cultural learning both ways.

A proposed seven week pilot program for young people in out-of-home-care living in residential on the Fraser Coast will participate in a Connecting Culture program that will be Facilitated by Lesa Stagg, PaCE Uniting care Community and various other local facilitators to provide cultural information, education and knowledge that includes Identity, Story Beads, Song and Dance, BushTukka, Traditional Dance connecting to self, culture and community.

Following the Connecting Culture program there will be a community Healing Circle held in Hervey Bay during Reconciliation Week, and a cultural hands on activity held in Maryborough at the NAIDOC family fun day in July.

Further information will be sent out via emails/flyers which will include dates/venues etc.

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**SHOWCASING SUCCESS**

**EMPOWERING ABORIGINAL AND TORRES STRAIT ISLANDER WOMEN - FAMILY/DOMESTIC VIOLENCE**

Xavier Rudd, Platinum selling chart topping artist performed at the Brolga Theatre, Maryborough on 21st January 2017.

Xavier is passionate about providing thought provoking lyrics that highlight issues faced by Aboriginal and Torres Strait Islander people.

On behalf of Wide Bay Women’s Health Centre Inc I would like to THANK YOU - Xavier Rudd, for sharing your beautiful vibration with our community. Proceeds from the event will support programs/activities for Aboriginal and Torres Strait Islander women and young people.
**APRIL**

**WEDNESDAY**  
5th, 12th, 19th, 26th April  
RELAXATION & MEDITATION 9.30 AM - 10.30 AM

**THURSDAY**  
6th April  
BE YOUR BEST  PERSONAL EMPOWERMENT 9.30 AM - 12.30 PM

**MAY**

**WEDNESDAY**  
3rd, 10th, 17th, 31st May  
RELAXATION & MEDITATION 9.30 AM - 10.30 AM

**TUESDAY**  
9th, 16th, 23rd, 30th May  
SINGLE, SAFE & SATISFIED 9.30 AM - 12.30 PM

**THURSDAY**  
11th May  
WHO MOVED MY CHEESE 10.00 AM - 2.00 PM

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**RELAXATION AND MEDITATION CLASSES**

**Breath Work**  
Visualisation for relaxation  
Meditation for Life Enhancement  
*There is no fee for this workshop, however a gold coin donation would be greatly appreciated*

Presented by Deborah Gray  
Weekly classes on: Wednesdays  
Time: 9.30am - 10.30am

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**Go Blue for Autism**

April is Autism Awareness Month and Autism Queensland has launched its annual Go Blue for Autism Campaign to raise finds and awareness of Autism Spectrum Disorder (ASD)

The Hervey Bay Neighbourhood Centre in partnership with the Wide Bay Women’s Health Centre Inc will be holding an information and Expo day

Date: Thursday 27th April  
Time: 10.00am - 2.00pm  
Location: Hervey Bay Neighbourhood Centre  
22 Charles Street, Pialba

Please contact the Hervey Bay Neighbourhood Centre on 4194 3000 for more information.
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**Fraser Coast Centre Closed**

**Reconciliation Week Begins**

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**Reconciliation Australia**
**Why Popcorn Pops**

The Big band may still befuddle us, but scientists just took a giant leap towards understanding the smaller (and arguably more important) bang that happens in your kitchen or work microwave. Thanks to a team of French researchers, we now have the most complete picture yet of popcorn’s seed to snack transition.

Inside every popcorn kernel’s shell, there’s a tiny droplet of water surrounded by a mesh of mostly starch. At 100°C the water turns into steam and mixes with the starch to create hot, doughy mass. Pressure builds up in the hull until finally, at 180°C, it bursts. In the next 15th of a second—lightening-fast— "a leg" of fluffy starch emerges from the fractured hull, kicking it up a few centimetres in a gymnast-like spin. Water vapour bursts from the hull as it does when you uncork a Champagne bottle, emitting that signature popcorn pop. The hull continues to bloom as it flips and cools, finally converting that hot vapour and starch into the popcorn fluff we know and love.

At the end of the show, each inside-out kernel is about twice as large and one-eighth as dense as it was pre-pop. Whether you should cover yours in butter or olive oil is a question for another day.


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**5 Health Hacks with ..... Bi-Carb Soda**

The household staple bicarbonate of soda has myriad benefits, discovers Juna Xu

1 **Treat Skin**

Eliminate fungal skin infections by making a bi-carb soda body scrub, herbalist Vaia Pappas says “Fill 3/4 of a jar with bi-carb soda, then saturate it with triple distilled vodka to make the scrub” Handy if you have any unwanted vodka in the house!

2 **Whiten Teeth**

The mild abrasive is great for removing surface stains. Dip a wet toothbrush into bi-carb and brush for 2 minutes a few times a week. Rinse well. Overuse can damage enamel so see your dentist for deeper stains.

3 **Relieve Insect Bites**

BiCarb reacts to the venom of an insect bite and neutralises it by drawing out the toxins and fluid. Mix 1 tablespoon with enough water to create a paste. Apply it to the bite, leave to dry and then wipe off.

4 **Use It As A Deodorant**

Blend it with a few other pantry items to absorb body odour. Mix 1/2 cup each of bi-carb soda and arrowroot powder with 6 tablespoons of coconut oil and a couple of drops of your chosen essential oil. Rub a pea-sized dot on your underarms until it’s invisible.

5 **Detox your Body**

“Bi-carb soda helps to draw toxins out,” Pappas says. She suggests soaking in the bath in equal parts bi-carb soda and Epsom salts. They’re both amazing for detoxification.”

Safety Tip: Only use bicarbonate of soda in small amounts and be mindful of any skin irritations or other reactions. If symptoms persist, always seek medical advice.

Hint: Freshen Breath - Dissolve 1/2 tsp bi-carb soda in a glass of water as a mouth rinse to banish bad breath.

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**National Sorry Day in Australia**

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities.

https://www.timeanddate.com/holidays/australia/national-sorry-day

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**From the Media**

*Articles which have been submitted which may be of interest to readers. As always, in regard to medical information please consult your medical practitioner*
ADAAustralia is funded by the State and Commonwealth Governments to provide information, education and support to enable people to understand and exercise their rights and responsibilities when receiving an aged care or community care service, ensuring their voice is heard. ADAAustralia’s services are free, confidential and client directed.

ADAAustralia provides an advocacy service to support people to resolve issues related to their aged care or community care service provision or care.

ADAAustralia’s services are free, confidential and client directed advocacy support is available for people who are:

- living in residential aged care facilities
- receiving community care services
- receiving Australian Government aged care services carers

or representatives of clients of the above services

ADAAustralia also provides a guardianship advocacy service, supporting adults with guardianship and administration matters including support at tribunal hearings.

ADAAustralia operates state-wide in Queensland with a head office in Brisbane and regional offices in Cairns, Townsville, Mackay, Rockhampton, Hervey Bay, Toowoomba, and the Gold Coast.

ADA provides outreach services to rural and remote communities, and has a free-call information line 1800 818 338. Please call to speak with an Advocate.

**FREE LEGAL ADVICE**

Is the cost of legal advice stopping you from seeking help? Free, confidential, 15-minute legal advice sessions are available to residents of the Fraser Coast region through the Taylor Street Community Legal Service.

Sessions are by appointment only.

Hervey Bay, Maryborough, Tiaro and Burrum Heads residents please call 4194 2663.

**DIY DIVORCE WORKSHOPS**

Free information sessions on divorce, run by a solicitor, are held monthly in Hervey Bay. Topics include:

- Divorce – what does it mean?
- When can I apply for a divorce?
- How do I apply for a divorce?
- Step by step guide to completing the Application for Divorce kit
- Divorce hearing date and documents
- Serving papers
- Attending the hearing
- Outcome of hearing
- Getting further help

BOOKINGS ARE ESSENTIAL
To book please call 4125 5499

**Hot Showers For The Community**

Hot showers available to community members in need with soap, shampoo, razors, toothpaste, toothbrushes, combs and face washers supplied.

Hervey Bay Neighbourhood Centre
22 Charles Street, Pialba
Tuesday & Wednesday
10.00am - 12.00 noon

This is a free service supplied by the Hervey Bay Neighbourhood Centre
Domestic and Family Violence Prevention Month is an annual event held each May to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected.

The key aims of the month are to:
raise community awareness of domestic and family violence and its impacts;

- promote a clear message of no tolerance of domestic and family violence in Queensland communities;
- ensure those who are experiencing domestic and family violence know how to access help and support;
- encourage people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.

Healthy Relationships

When we first meet someone everything can seem perfect but there are often early signs that the relationship is unhealthy.

What are the signs of a healthy relationship?

A healthy relationship is one in which both partners respect each other and each other’s wishes, feelings, beliefs and privacy.

One of the best ways of describing a healthy relationship is describing the way someone feels in that relationship:

They will feel:
- safe
- understood
- trusted
- accepted
- comfortable
- an equal
- valued
- supported
- listened to

In addition, another good way of determining if a relationship is healthy is to look at what occurs when there is a lack of agreement. When relationships are very new there may be few signs of conflict as both partners are trying to please each other. However, eventually there will be occasions when partners cannot agree on an issue. This is completely normal and actually a sign of a healthy relationship. How a partner responds to this lack of agreement is what is important.

A partner should accept there is a difference in opinion and not try and convince the other person that they are wrong or should change their mind/belief. They should be respectful of their partner’s opinion and make an attempt to understand their point of view, even if it means they are still not in agreement.

Good communication is a key part of a healthy relationship. Women need to feel they can share their true feelings, including if they are unhappy, without feeling they will be blamed or made to feel guilty about these feelings. They should feel like they are being listened to and that what they are saying is not being dismissed or belittled. In addition, if the woman’s partner makes a mistake, they should be able to accept it and not blame her for it instead.
What are the signs of an unhealthy relationship?

There are often early warning signs that a relationship is not a healthy one or is at risk of becoming unhealthy. These early signs are often not physical abuse such as pushing or hitting but rather emotional and/or social abuse such as name calling or isolation from family or friends.

Many women don’t recognise the more subtle early warning signs or initially confuse them for deep feelings of affection. For example, if a partner wants to go everywhere with them, a woman might feel that this is because they just don’t want to be apart. However, this could also be a sign that their new partner wants to know where they are all the time and control who else they see.

The following checklist of early warning signs of an unhealthy relationship is not exhaustive; there may be other signs as well. A partner’s behaviour does not have to correspond to all the signs for it to be an unhealthy relationship. Similarly, it is common for partners in an unhealthy relationship to be very charming, attentive and complimentary at times, often when they are trying to keep the woman from leaving the relationship.

**Checklist of early warning signs of an unhealthy relationship**

- Does your partner not like it when you spend time with other people such as family, friends or work colleagues, preferring that you spend time with only them?
- Has your partner checked your mobile phone logs or emails without your permission?
- Does your partner repeatedly call or text you or drop by your house or work unexpectedly?
- Does your partner like you to wear particular clothes or your hair and make-up a certain way?
- Does your partner not want you to pursue your own hobbies or interests?
- Does your partner get jealous easily, accusing you of looking at other people or not being faithful?
- Does your partner get angry over minor things?
- Does your partner admit when they are wrong about something?
- Are you afraid to disagree about something because of how your partner will react?
- Has your partner ever destroyed your belongings or harmed or threatened to harm your pets?
- Does your partner yell at you, call you names or put you down?
- Are you afraid of your partner’s response if you wanted to break up?

If after completing the checklist, a woman suspects her relationship is unhealthy, she can contact DV Connect on their 24 hour hotline 1800 811 811 or visit their website www.dvconnect.org. She can also utilise one of the many apps about healthy relationships and/or family violence. Women’s Health also has a series of short videos on healthy and respectful relationships on their YouTube channel: www.youtube.com/WomensHealthQLDWide. http://womhealth.org.au/sites/womhealth/files/public/Health%20Journey%202016%20Issue%201.pdf

The Women's Health Centre will be running our **“Single, Safe and Satisfied” Workshop**

This SIX week course for single women will cover the following topics

- Relationship Styles
- How to spot a snake
- Embracing Change
- Boundaries - Good fences make good neighbours
- Healthy intimacy

**Date:** Tuesdays: 9th May – 13th June 2017 – 10.00am – 12.30pm
FREE SUPPORT SERVICES FOR SENIORS

The Seniors Legal and Support Service is a community service providing free legal advice and support for seniors 60 years and over, who are experiencing or at risk of elder abuse, mistreatment or financial exploitation.

The service can provide information, advice and support including:

- Short term counselling / advocacy
- Information regarding legal rights
- Advice on Enduring Power of Attorney documents
- Referrals to other support, legal and consumer services
- Community Education

For further information telephone the service on 4124 6863

or call into their office situated at shop 6, 16 Torquay Road, HERVEY BAY (opp RSL)

Monday to Friday 9.00am - 3.00pm

BreastScreen Queensland is at the Hervey Bay Hospital

Make an appointment by calling 13 20 50 or 4150 2800

Women under 40 yrs are ineligible

The Dispute Resolution Centre
Wide Bay - 4125 9225

- Established by the Queensland Government to provide a free, confidential and impartial mediation service to the community.
- Provides an alternative way of settling disputes before they get to court. Saving time, legal fees and court costs.
- Trained mediators help the parties in a dispute to reach an agreement.
- Available to everyone in the community, whatever their education, income, ethnic origins or language ability.
- Involved in disputes between neighbours, workplace colleagues, family, and commercial or business issues.
- Agreements are not legally binding, but can be enforced by a solicitor if chosen.
- Around 90% of mediations result in an agreement between the parties.

The mediation process, while perhaps not suitable for all people or all disputes, is undoubtedly successful in resolving a wide range of disputes speedily and inexpensively.

DV Connect Womensline
Qld Domestic Violence Telephone Service

24 Hours, 7 Days

Statewide Domestic Violence and crisis support offering SAFETY, refuge, crisis counselling, information and support.

For more information please phone: 1800 811 811

“YOORANA”
Women’s Domestic Violence and Resource Service Inc.

This service provides:

- Safe, secure, supported accommodation for women and their children escaping domestic violence.

For more information please phone: 4122 2218

CHILDREN BY CHOICE Association Incorporated

COUNSELLING, EDUCATION & INFORMATION

All options with an unplanned pregnancy

ABORTION—ADOPTION—PARENTING

An unplanned pregnancy may represent a crisis in a woman’s life. Children by Choice provide counselling and support to women who are experiencing an unplanned pregnancy and unsure about their options. Our services are non-judgmental and we offer referrals for abortion, adoption and parenting.

Free and confidential.
Call 1800 177 725

Mobile Women’s Health Service
Pap Smear Clinic

The Mobile Women’s Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast – Wide Bay Area.

- Cervical Screening / Pap smear
- Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment by calling 1300 090 760
Breast Cancer Support Group

Are you a survivor of breast cancer? Would you like to meet other women for support and friendship?

You are welcome to join us at:
Hervey Bay Bowls Club
Corner Denmans Camp Rd and Freshwater Street

Meets the 1st Tuesday of every month

For more information,
Contact Ellen 4125 2086

Have you forgotten?
Did you borrow a Library book and forget to bring it back?
Can you please check your shelves at home, and return any books that belong to the Centre, so that other members may take advantage of our library. Thankyou

STOP STRUGGLING WITH ANXIETY AND DEPRESSION

Stop Struggling with Anxiety and Depression is a six week course that aims to help participants let go of the exhausting and painful struggle to manage or control anxiety and depression.

Participants will be introduced to a unique approach based on the use of acceptance and mindfulness.

The aim of the course is to help participants change their relationship with anxiety and depression and will provide strategies to help them acknowledge anxious thoughts and feelings without having to avoid anxiety provoking situations.

Presented by Tanya Barich

There are a number of courses each year, Please check with reception for the next starting date

BE YOUR BEST a course in Personal Empowerment
9.30 am to 12.30 pm

This ten week course enhances your effectiveness in:

- Keeping others from bullying you
- Influencing people to accept your ideas and listen to you more readily
- Handling conflict with confidence and composure
- Working better with people who can be “difficult” to get on with
- Achieving the respect you deserve and attain new levels of responsibility

Through learning these new skills, you will experience major benefits in all areas of your life.

Cost: $35 for the workbook

For details please ring the Centre on 4125 5788

Wide Bay Sexual Assault

Provides: Free, confidential sexual abuse counselling to women 15 years of age and over in the Wide Bay region who have experienced sexual assault/abuse. Kids Intervention Prevention Program (KIPP) provides a sexual abuse counselling service for children and young people under 18 years of age in the Maryborough/Hervey Bay area who have experienced sexual abuse or are engaging in sexualised or early sexual offending behaviour and their non-offending family members and/or carers.

Presented by Tanya Barich

There are a number of courses each year, Please check with reception for the next starting date

For more information please phone us on 4194 5230

Or email: admin@wbsass.com.au
The Wide Bay Women’s Health Centre is a free confidential service for Women By Women.

“It’s a Dynamic and vibrant organisation which facilitates the individual and collective growth and well-being of women”

The Centre is a point of contact for women in need of support, information, Counselling and/or referral. Please call for any further information.

We are open 9.00am to 5.00pm Monday to Thursday, and 9.00am to 2.00pm every Friday except for the last Friday of the month, when we are closed all day for Staff Training & Development, in order to assess and improve our services to the community.

Counselling

A free and confidential counselling service by appointment is available to all women in the area. We also offer sandplay therapy for emotional release.

DISCLAIMER

The Wide Bay Women’s Health Centre Inc. has made every effort to ensure information contained within this newsletter is accurate. However, we accept no responsibility for any errors, omissions or inaccuracies. Any articles contained within this newsletter are for information purposes only and we accept no responsibility to persons who may rely upon this information for whatever purpose.

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