




**WIDE BAY WOMEN'S HEALTH CENTRE INC
SEPTEMBER-DECEMBER WORKSHOPS 2023**

<p>Monday, Wednesday, Fridays Ongoing Monday-Urangan Pier Carpark Wednesday-Torquay Carpark Aqua View Friday- Enzo's Carpark</p>	<p>5.30am - 6.30am summer 6.30am-7.30am winter (excluding school holidays)</p>	<p>SOCIAL BUTTERFLY SISTERS WALKING GROUP FOR ALL WOMEN Join the Butterflies walking group for a nice stroll along the esplanade. Lots of laughter and fun. Co-ordinated by Marj.</p>
<p>Tuesdays Fortnightly June – 13, 27 July – 11, 25 Ongoing</p>	<p>12.30pm – 3.30pm</p>	<p>DEMENTIA SUPPORT GROUP Facilitated by May.</p>
<p>Thursdays Ongoing (Excluding school holidays)</p>	<p>10.00am – 2.00pm</p>	<p>WOMEN'S YARNING CIRCLE FOR ALL WOMEN (18+) *see Centre for weekly locations* Co-ordinated by Marj.</p>
<p>Thursdays Ongoing INTERNAL REFERRAL ONLY Please call Centre for further discussion</p>	<p>9.30am – 12.30pm</p>	<p>ANXIETY AND DEPRESSION SUPPORT GROUP Facilitated by Tanya. To assist women of the Fraser Coast, Wide Bay Women's Health Centre Inc, is providing a series of ongoing therapeutic support groups.</p>
<p>Mondays Fortnightly Recommencing Sep 4</p>	<p>10.00-11.00am</p>	<p>CHAIR YOGA Perfect for beginners – a gentle 45 min class incorporating breath work, stretches and strength-based movement in a fun and relaxed space. Facilitated by Linda</p>
<p>September 4-10</p>	<p>WOMEN'S HEALTH WEEK</p>	<p>STAY TUNED FOR EVENT UPDATE</p>
<p>Tuesday Sep – 4, 21</p>	<p>10.00-12.00pm</p>	<p>GROW & GLOW A workshop incorporating plant knowledge and practical tips on how to grow and glow Please call Centre for expressions of interest.</p>
<p>Wednesday Sep - 6, 13, 20</p>	<p>9.30-12.30</p>	<p>GRIEF & LOSS A three-week workshop helping you to find your way forward when grief weighs you down. Facilitated by Wendy.</p>
<p>October - 1-31</p>	<p>SEXUAL VIOLENCE AWARENESS MONTH</p>	<p>STAY TUNED FOR EVENT UPDATE</p>



**WIDE BAY WOMEN'S HEALTH CENTRE INC
SEPTEMBER-DECEMBER WORKSHOPS 2023**

November – 15	9.30-12.30pm	ACT IN AN ACORN A workshop designed to help you
December – 7 	11.00-2.00pm 	WBWHC CLIENT CHRISTMAS PARTY Further details to be announced 

LIMITED NUMBERS FOR WORKSHOPS & EVENTS *note: workshops can be subject to change

PLEASE PHONE FOR MORE INFORMATION & TO BOOK YOUR PLACE - 4125 5788



Wide Bay Women's Health Centre Inc.