



# SELF-CARE WORKSHOPS

Learn to understand  
and practice self-care  
as a foundational  
element of well-being.

Book now: phone 4125 5788  
Enquiries: [info@wbwhc.org.au](mailto:info@wbwhc.org.au)  
[www.wbwhc.org.au](http://www.wbwhc.org.au)

 *Wide Bay Women's Health Centre Inc.*



10AM TO 12PM

TUESDAY'S:

3 MAR 2026  
10 MAR 2026  
17 MAR 2026  
31 MAR 2026



8 Truro Street  
Torquay Qld 4655