

# Women's Wellbeing Group

Come and join the Women's Wellbeing group, take some time out for yourself and get to know like minded women in your community. Fun activities and wellbeing information in a safe and supportive environment.

Some activities may include pamper days, arts and craft, yoga and relaxation, health information with guest speakers determined by the group.

*Crèche available - please RSVP if you require crèche*

## WHEN

Every Wednesday during school terms

## TIME

9:30am – 11:30am

## WHERE

St Mary Magdalene School  
82 Fairfield Road, Elizabeth South

## CONTACT

Leonie on 8409 3666

