



# Liverpool Women's Health Centre

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FEBRUARY-APRIL 2016  
GROUPS CALENDAR



# Tai Chi

at  
*Liverpool Women's Health Centre*

When:

Begins Friday, 29th January

*Beginners: 10:00am - 10:45am*

*Intermediate/Advanced: 11:00am - 12:00pm*

## Tai Chi

Tai Chi can help you to develop your flexibility and assist in balance. This gentle exercise can also aid with soothing anxiety and feeling calmer.

When: Fridays, beginning 29th January

Beginners: 10:00am-10:45am

Intermediate/Advanced: 11:00am-12:00pm



# Arts & Crafts

at  
*Liverpool Women's Health Centre*

Tuesday, 9 February 2016

Time: 10am - 12pm



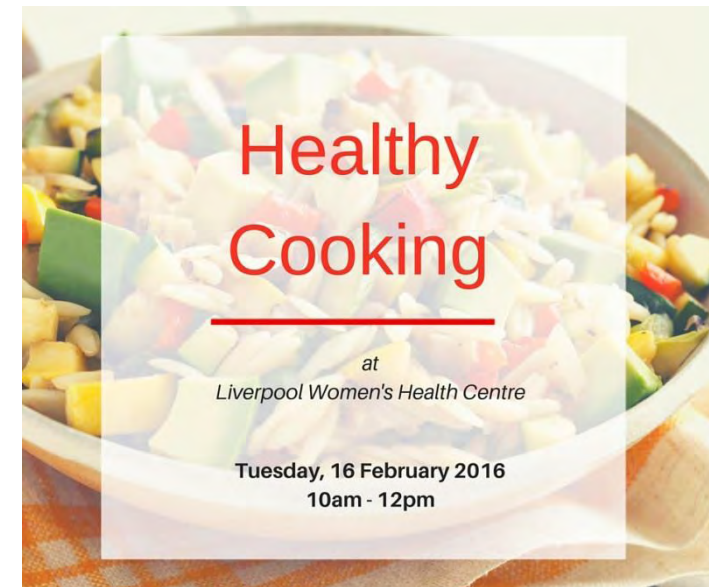
LIVERPOOL WOMEN'S  
HEALTH CENTRE

## Arts & Crafts

Liverpool Women's Health Centre invites you to join in a one day only craft workshop, which will involve using origami skills for a special Easter gift. It's a great way to unwind, relax, socialise and have fun.

When: Tuesday, 9th February

10:00 am- 12:00 pm



# Healthy Cooking

at  
*Liverpool Women's Health Centre*

Tuesday, 16 February 2016

10am - 12pm

## Healthy Cooking

Quick, easy, low-cost meals can be hard to organise. This workshop will share recipes and ideas for nutritious food for the whole family. These quick, easy recipes and tips will save you money and time.

When: Tuesday, 16<sup>th</sup> February

10:00 am- 12:00 pm



## Living With Anxiety

Living with anxiety can be challenging in many ways. Simple tasks like getting out and about, getting enough sleep and feeling good about ourselves can become much more challenging when we are dealing with anxiety. This six week course will give you skills and knowledge to tackle the challenges of anxiety.

When: Tuesdays, 9<sup>th</sup> February- 15<sup>th</sup> March

10:30 -12:30

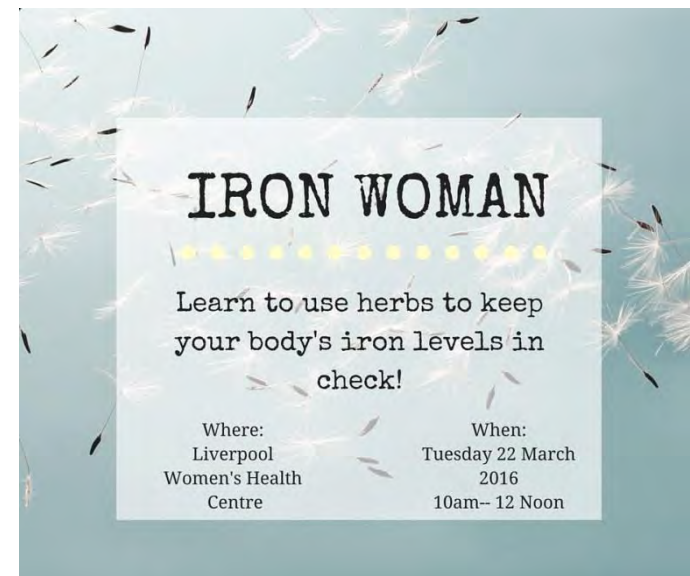


## Sleep Workshop

Losing sleep over not sleeping? This workshop will explore foods and herbs as well as anxiety-reducing strategies and mindfulness to help you learn to become more relaxed about sleep and to nod off with ease.

When: Tuesday, 1<sup>st</sup> March

10:00 am- 1:00 pm



## Iron Woman

Feeling tired, weak, irritable or unable to focus? You might need to start thinking more about iron. Luckily, plenty of herbs and plants naturally contain lots of iron. This workshop will explore the best ways to get iron into your body—naturally!

When: Tuesday, 22<sup>nd</sup> March

10:00 am- 12:00 pm



**ART THERAPY**

AT LIVERPOOL WOMEN'S HEALTH CENTRE

Fridays 10.30am-12.30pm  
April 1st 2016- April 8th

To book, contact us on:  
lwhc@sswahs.nsw.gov.au  
(02) 9601 3555

## Art Therapy

Art Therapy involves using creativity, art, craft and other forms of expression to inform and improve your wellbeing. You do not need to have any previous experience or training in art or craft, just come alone! All materials will be provided on the day.

When: Fridays, 1<sup>st</sup> April- 8<sup>th</sup> April

10:30 am- 12:30 pm



**Yoga for  
Older Women**

*When:*  
Thursdays, from  
4th February  
11:00 am-12:00 pm

*Where:*  
Liverpool Women's  
Health Centre



## Yoga for Older Women

Yoga for Older Women is a go-at-your own pace yoga class which enhances peace of mind, vitality and flexibility. The class is a series of gentle exercises and stretches designed to cater to older women's needs.

When: Thursdays, commencing 4<sup>th</sup>  
February 2016

11:00 am- 12:00 pm



**Yoga  
For Managing Stress**

*Where:*  
Liverpool Women's Health Centre

*When:*  
Thursdays, commencing Thursday, 4th February  
10:00 am - 11:00 am

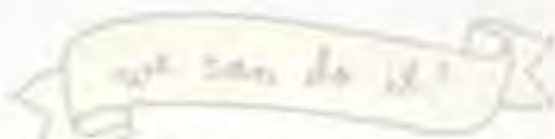


## Yoga for Managing Stress

Yoga for Managing Stress is a way of transforming your reactions to the stresses of everyday life. The class will give you techniques to increase mindfulness and enhance your peace of mind.

When: Thursdays, commencing 4<sup>th</sup>  
February 2016

10:00 am - 11:00 am



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OUR GROUPS, OR FOR  
MORE INFORMATION,  
GET IN TOUCH!



(02) 9601 3555



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