

## @ Carnes Hill Community Centre Outreach Programs

### PILATES

Discover the core-strengthening benefits of Pilates in our beginner-friendly class - perfect for those new to Pilates or looking to refine their technique.

Dates: 7th Feb - 11th April

**EVERY FRIDAY MORNING 9:00am- 10:50am**

Cost per session : \$5

## @ LIVERPOOL CATHOLIC CLUB With HUNTER

Join our Mindfulness & Pilates program designed to enhance both your physical and mental well-being.

Dates: 3rd Feb - 7th April

**Session 1 | 10:00am - 11:15am**

**Session 2 | 11:30am - 12:45pm**

## Ling's Gardening Group

A social group featuring lunch and community garden activities. No experience required.

Dates: 4th Feb - 8th April

**EVERY TUESDAY 12:00pm - 2:00pm**

Cost: Free.

## Craft & Connections

A social group filled with art & craft activities, mentorship and building connection with others.

Dates: 5th Feb - 9th April

**EVERY WEDNESDAY 10am-12:30pm**

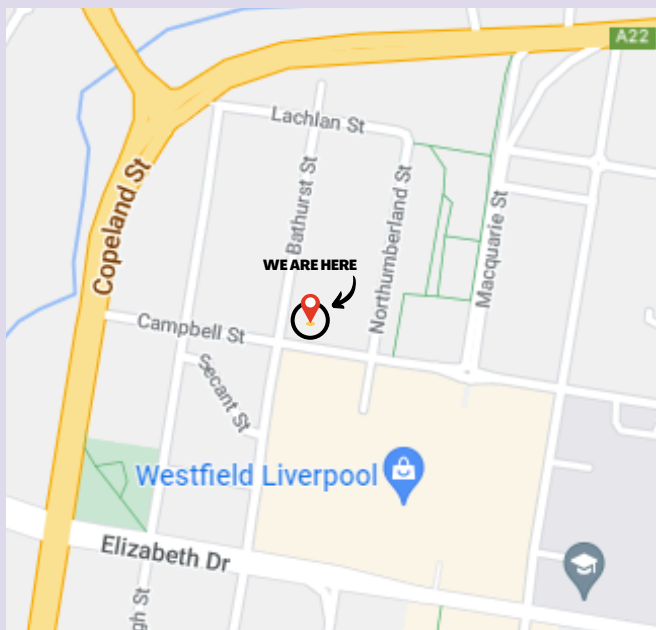
Cost: FREE. Donations for activity materials are appreciated. Tea and coffee provided.

**Bookings essential for all groups, info sessions and events.**

**Call us on (02) 9601 3555 to register.**

## Our Location

26 Bathurst Street, Liverpool 2170  
(Corner of Bathurst & Campbell Street)  
No on-site parking available



## Contact Us

Phone : **(02) 9601 3555**

Fax: **(02) 9824 0448**

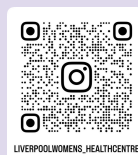
Email :

**SWSLHD-LiverpoolWomensHealthCentre@health.nsw.gov.au**

Website:

**[liverpoolwomenshealth.org.au](http://liverpoolwomenshealth.org.au)**

Instagram:



## GROUPS & WORKSHOPS SCHEDULE TERM 1, 2025

**A safe space in the  
community for women.**

Liverpool Women's Health Centre offers a broad range of client-centred, evidence-based, primary and preventative health care services and programs. These services aim to improve the health and wellbeing of women, particularly women experiencing disadvantage. Services and programs are offered free or at low cost and are provided by professional, qualified and experienced practitioners.

## Opening Hours

Monday - Friday (9:00am - 5:00pm)

## Yoga Classes

Overcome stress and anxiety, relieve tension and calm the mind with the help of gentle stretch and meditation.

Dates: 3rd Feb – 7th April

### EVERY MONDAY MORNING

Sessions:

1. Yoga in a Chair | 9:15am – 10:00am
2. Yoga for Managing Stress | 10:15am – 11:00am
3. Gentle Yoga | 11:15am – 12:00pm

Cost: \$20 per 10 week term.

## Tai Chi Classes

Join our facilitator Ling to engage the body and mind to find your balance.

Dates: 4th Feb – 8th April

### EVERY TUESDAY MORNING

Sessions:

1. Beginners Class | 10:00am – 11:00am
2. Gentle Class | 11:00am – 12:00pm

Cost: \$20 per 10 week term.

## Mat Pilates @ LWHC

Discover the core-strengthening benefits of Pilates in our beginner-friendly class – perfect for those new to Pilates or looking to refine their technique.

Dates: 6th Feb – 10th April

### EVERY THURSDAY MORNING

1. Session 1 | 10:00am – 11:15am
2. Session 2 | 11:30am – 12:45pm

Cost: \$5 per person per session.

## Young Parents Playgroup

Are you a parent under 25 years old ?

Do you have children under 6?

Join our free playgroup and connect with other young parents! Enjoy fun activities with your kids and build a supportive community.

Dates: 5th Feb – 9th April

**1:30 PM – 3:30 PM**

**EVERY WEDNESDAY**

cost: Free

## Learn to Swim Program

In partnership with Belgravia Leisure and hosted by Michael Wenden Aquatic Centre, we are providing a Learn to Swim Program. Whether you are new to swimming, or want to improve your swimming skills, qualified & experienced instructors will guide you step by step.

Dates: 7th Feb – 11th April

Location: Michael Wenden Aquatic Centre

Cost: Free

### EVERY FRIDAY 12:30 PM – 2:00 PM

## Thursday Catch Ups

At our Thursday Catch-ups, we will focus on practical ways to enhance our overall well-being. Together, we will explore the science of flourishing and discover strategies within our control to improve our health and life satisfaction.

Dates: 6th Feb – 10th April

### EVERY THURSDAY 10:30AM – 12:30PM

Cost: Free

## Find Your Voice LWHC's Choir

Come and join us in this workshop where we will practice some vocal techniques and some group singing in a relaxed, fun and supported learning environment..

Dates: 6th Feb – 10th April

### EVERY THURSDAY 1:00pm – 3:00pm

Cost: Free.

## Cultural Groups

### Spanish Speaking Women's Group

Creativity and Games for Healthy Brains.

Do you forget things or feel that your thinking is slow? Come along and learn techniques to improve your memory, while playing games and having fun, and help build your happy and healthy brain.

Dates: 5th Feb– 9th April

**Every Wednesday 10am-1:00pm**

### Craft & Yarn Aboriginal Women's Group

Co-facilitated with Gandangara. A safe space for Aboriginal Women to come together.

Dates: 6th Feb –10th April

**Every Thursday 10:00am – 12:30pm**

For enquiries contact Sandy on 9601 3555

### Hindi/Urdu Speaking Women's Group

Join Nanceylee for this group which builds friendships through food, laughter, sing & dance. In partnership with Bonnies Support Services.

Dates: 7th Feb, 21st Feb , 7th March, 21st Marsh , 4th April.

**Friday's Fortnightly 10:00am – 12:00pm**

### Vietnamese Speaking Women's Group

Hosted at LWHC in partnership with Justice Support Centre, this group brings together Vietnamese Speaking Women to enjoy morning tea and learn something new from interesting guest speakers.

Dates: 14th Feb – 11th April

For enquiries contact Thi (0404 435 223).

**Friday's Fortnightly from 10:00am – 12:00pm**

### Arabic Speaking Women's Group

Join Iman for health education sessions, morning tea, building friendships and connections with the community.

Dates: 7th Feb – 11th April

**Every Wednesday 10am-12:00pm**

**Bookings essential for all groups, info sessions and events.**

**Call us on (02) 9601 3555 to register.**