

FREE PROGRAM

NEW Healthy Women

Term- 1 2020, at Karabi Wentworthville



You are invited to come along to meet with other women from Hindi speaking background and learn more about issues related to women's health and general wellbeing through 8 weeks two hour sessions.

This program will commence: Tuesday, 4th February 2020

Day: Every Tuesday for 8 weeks

Time: 11:00am onwards

Venue: Karabi community development services WENTWORTHVILLE

41 Fyall Avenue, Reg Byrne Community Centre, Fyall Ave Wentworthville 2145

Catering: Morning tea is provided

Topics will include:

- Learn about women's bodies
- Taking Care of women's bodies
- Food and healthy eating
- Changes in our lives
- Stress and how to deal with it
- Using Health Services

Celebrate INTERNATIONAL WOMEN'S DAY with us

Wednesday, 11th March 2020

Light lunch, some games and lots more.....

For registration and further information

PLEASE Contact Karishma via E: cdw@karabi.org.au or P: 02-9631 6575



This program is supported by Western Sydney Local Health District.