

# It's time to put yourselves first!



The Women's Centre will be hosting activities as part of.....

## WOMEN'S HEALTH WEEK



The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and '*health not being a priority*'.

### Wednesday

### 6<sup>th</sup> September 2017 - 10am – 2pm

Activities around mindfulness and nutrition.

#### Timetable of activities:

10 – 10:30am	Tai Chi
10:30 – 11am	Meditation
11 – 11:30am	Art therapy
11:30 – 12pm	Mindfulness eating
12 – 12:30pm	Lunch
12:30 – 1pm	Crystal therapy
1 – 1:30pm	Tai Chi
1:30 – 2pm	Meditation

Pop in for part  
or stay for the  
whole day!  
**FREE LUNCH**



**WHERE:** Women's Centre for Health & Wellbeing  
645 Olive Street, Albury.

**PHONE:** 02) 6041 1977  
RSVP essential by 30<sup>th</sup> August 2017  
(please advise of any dietary requirements)

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Start making positive changes that can last a lifetime

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Try something new

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Participate in Tai Chi, meditation, art & crystal therapy

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Taste some delicious healthy smoothies, soups and salad

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