

WISHIN WOMEN'S WELL BEING PROGRAM JULY—DECEMBER 2015



Thursday July 9th

10.30am—1.00pm Craft with Nikki Fletcher from Time4Craft
1.00pm Lunch
1.30pm—2.30pm Chi Ball/Relaxation with Rita Cattivera from Mind Body Focus



Thursday July 23rd

10.30am—12.30pm Mindfulness with Karen Wright from The Clarity Centre
12.30pm Lunch
1.30pm—3.30pm Art with Tash Natasha Dusenjko from Studio J



Thursday August 6th

11.00am Sound Healing meditation with Simone & Zara
12.30pm—1.15pm Gentle Pace Yoga & Relaxation with Wai Ying Tham from Reconnect Yoga
1.30pm Lunch



Thursday August 20th

10.30am—12.30pm Guided meditation
Art with Davia
12.30pm Lunch
1.15pm—2.00pm Financial Counselling and Problem Gambling FC with Seval Meric & Cathy (Lentara Uniting Church)



Chi Ball Attunement

Thursday September 3rd

10.30am—12.30pm Chi Ball moves, stretches & Qigong with Rita Cattivera
12.30pm Lunch
1.30pm—3.30pm Art with Tash



Thursday September 17th

10.30am—12.30pm Art with Davia
12.30pm—1.15pm Gentle Pace Yoga & Relaxation with Wai Ying
1.15pm Lunch



Thursday October 1st

10.30am—12.30pm Book-making with Tash &
Colour Me Calm pages
12.30pm Lunch
1.30pm—2.30pm Flower Essences & Kinesiology
with Jessica Frost



Thursday October 15th

10.30—1.00pm Nikki Fletcher Time4Craft
1.15pm Lunch (by Kate Page)
1.30pm Kate Page—Nutritionist as speaker
Affordable healthy meals



Thursday October 29th

10.30am—12.15pm Art with Davia
12.30pm—1.15pm Gentle Pace Yoga & Relaxation
1.15pm Lunch



Thursday November 12th

10.30am-12.30pm Mindfulness
12.30pm Lunch (by Kate Page)
1.00pm Kate Page—Speaker on affordable, healthy
meals and nutrition



Thursday November 26th

10.30am-12.30pm Art/Craft
12.30pm -1.15pm Gentle Pace Yoga & Relaxation
1.15pm Lunch
2.00pm—4.00pm Mosaics with Denise

Thursday December 10th **End of Year Celebration**