



WILMA
Women's Health Centre

Boost Your Mood

**A short and sweet
online group helping you to
stay connected to yourself and
others through lockdown.**

**We will be using creative activities,
journaling, mindfulness and more to help you
feel grounded, connected and nourished.**

**Tuesdays, 9.15am-10am
5 October-2 November**

***To register, email your name and phone
number to wilma@wilma.org.au***