

TERM 2, 2023

We are delighted to share our NEW! Term Program, with workshops and groups running from Monday 1st May to Friday 23rd June, 2023.

All our groups will be returning to the centre, with the exception of one remaining at a larger venue.

Please register your interest as soon as possible by emailing us at wilma@wilma.org.au or calling the centre on (02) 4627 2955.

Donations for all groups and workshops are welcome and appreciated.

FEES & REGISTRATION DAY FOR YOGA CLASSES

In order to cover the costs of Yoga classes at WILMA, we have needed to adjust our fee and booking structure.

Cost for Term 2, 2023:

\$75 per term pre-paid (One free class)

\$50 per term - concession holders (One free class)

\$15 per class (Casual) - bookings will need to be made each week and are subject to availability.

\$10 per class (Casual concession holders) - bookings required and are subject to availability.

Registration day 9th of May

To secure your spot, please register for your class and pay your full fee on the 9th of May. You can pay in person or online. Please contact the centre for more details.

BANK DETAILS

BSB: 062517

A/C: 0090 8387

Please add the group name and your name as reference.

HOLISTIC HEALTH SERVICES

WOMEN'S HEALTH NURSE

Monday by Appointment

Please Call Family Planning on
(02) 9754 1322 to Book
[Bulk-Billed Service]

NATUROPATHY & NUTRITION

Monday and Thursday by Appointment
\$45 [\$20 with Concession Card]

MASSAGE

Tuesday by Appointment
\$45 [No Concession]

ACUPUNCTURE

Friday by Appointment
\$45 [No Concession]

CASEWORK & COUNSELLING SERVICES

Generalist Casework

Generalist Counselling

Information and Referral

FREE LEGAL ADVICE

Family Law and Victims Compensation
Monthly by Appointment



WHAT'S ON AT WILMA GROUP PROGRAM TERM 2, 2023

CONTACT US

6 Bugden Pl, Campbelltown 2560

(02) 4627 2955

wilma@wilma.org.au

www.wilma.org.au

[facebook.com/WILMAWomensHealthCentre](https://www.facebook.com/WILMAWomensHealthCentre)

MONDAY

FREE! GARDENING, COOK AND CONNECT

Starting 1st of May, 10am to 11am

This is a social health and wellbeing group. Connect with other women and learn about the health benefits and nutritional value of fruits, vegetables and herbs. Once a month there will be a healthy cooking demonstration. No gardening or cooking experience necessary. **Gardening group is cancelled in wet weather.**

TUESDAY

MUMS & BUBS YOGA AT WILMA

\$12 PER SESSION/\$60 PER TERM PREPAID

Starting 16th May, 10am to 11am

Look after yourself and connect with your baby and other new mums in this gentle class. Suitable for babies from 8 weeks (12 weeks for C-section) until crawling. Please bring your own towel, cushion, yoga mat and water.

MEDITATION AT WILMA

\$6 PER SESSION/\$30 PER TERM PREPAID

16th May, 12pm to 12:45pm

Includes meditation, breathing exercises and deep relaxation techniques. LIMIT: 15 women per class

DAY YOGA AT WILMA

Please See Notes Regarding Cost and Registration

Starting 16th May 1pm to 2:30pm

Learn physical postures, breathing and meditation for deep relaxation in this all levels class. Please bring your own towel, cushion, yoga mat and water. LIMIT: 9 women per class

WEDNESDAY

ABORIGINAL WOMEN'S HEALING GROUP

Starting 3rd May, 10:30am to 1pm

THIS IS A CLOSED GROUP

This empowering group will use art to create personal transformation. No artistic experience necessary.

THURSDAY

FREE! FIT, FUN & FAB OVER 50's

Starting 18th May, 9:30am to 11:30am

[31 Emerald Drive, Eagle Vale]

Make friends and improve your fitness in this exercise and social group for senior women. FUNDED BY: The Department of Communities and Justice NSW Seniors' Grants.

WILMA RAINBOW SISTERS

Lesbian & Bisexual Social Group

Starting 27th April, 5pm to 7pm

This is a supported space for woman who identify as lesbian, bisexual or questioning, and women of transgender/gender diverse experience.

To register contact jennifer@wilma.org.au

EVENING YOGA [ALL LEVELS] AT WILMA

Please See Notes Regarding Cost and Registration

Starting 18th May,

6pm to 7:15pm OR 7:30pm to 9pm

Learn physical postures, breathing and meditation for deep relaxation in these friendly class.

Please bring your own towel, cushion, yoga mat and water.

LIMIT: 9 women per class

FRIDAY

PARENTING CLASSES - WITH THE MAMA COACH

\$12 PER PERSON

Starting 19 May, 1pm to 2pm

Classes will cover different topics each week including feeding, sleep and starting solids.

Bookings essential.

SPECIAL EVENTS

FREE! AROMATHERAPY FOR SELF-CARE

Thursday 1st June 1.30 - 3.30pm

Join us for this fun and hands on workshop. Learn about Aromatherapy oils, their uses and make some natural products to take home. **Booking essential.**

A MORNING TEA TO CELEBRATE ALL WOMEN ON MOTHERS DAY

GOLD COIN DONATION

Friday 12th May 10.30am to 12pm

Join us celebrating all women with a lovely morning tea and fun activities. **Booking essential.**

FACEBOOK Q&A LIVE 1

26th May 11am- 12pm

FACEBOOK Q&A LIVE 2

23th June 11am - 12pm

The focus of the Facebook Live Q&A is to engage and bring clients together on a social media platform. Giving women a safe place to come together like they do at WILMA. The key is to keep it informative and light and not too in depth.

