

TERM 3, 2023

We are delighted to share our NEW Term Program, with workshops and groups running from Monday 24th of July to Friday 22nd of September, 2023.

Please register your interest 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 3, 2023:

\$105 per term pre-paid (One free class)

\$70 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 18th of July

To secure your spot, please register for your class and pay your full fee on the 18th of July. You can pay in person or online. Please contact the centre for more details.

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

BANK DETAILS

BSB: 062517

A/C: 0090 8387

Please add the group name and your name as reference.



WHAT'S ON AT WILMA GROUP PROGRAM TERM 3, 2023

CONTACT US

6 Bugden Pl, Campbelltown 2560

(02) 4627 2955

wilma@wilma.org.au

www.wilma.org.au

facebook.com/WILMAWomensHealthCentre

MONDAY

FREE! GARDENING, COOK AND CONNECT

Starting 24th July, 10 am to 11 am

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 8th August, 10 am to 11 am

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

Starting 8th August, 12 pm to 12:45 pm

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 8th August, 1 pm to 2:30 pm

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 26th July, 10:30 am to 1 pm

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 10th August, 9:30 am to 11:30 am

[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.

TUNING INTO KIDS PARENTING PROGRAM

Starting 27th July, 10 am to 12 pm

Run by Big Yellow Umbrella

Learn how to understand your children's emotions and behaviours with confidence. **Bookings required, childcare available but must be booked in advance.**

CREATE AND CONNECT

Starting 27th July, 1.30 pm to 3.30 pm

Gold Coin Donation

Come and learn new craft skills such as crochet, knitting, card making. We will use the skills we develop to give back to our community. **No booking required.**



WILMA RAINBOW SISTERS

Lesbian & Bisexual Social Group

Starting August 3rd, 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 10th August,

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

ART CLASS WITH A PURPOSE

Starting July 28, 2pm to 4 pm

Come and learn about the 16 Days of Activism

Art Show and create you own masterpiece for inclusion in the show. This class will be taught by an award winning artist but no artistic ability is required to participate. Bookings essential.

SPECIAL EVENTS

CHRISTMAS IN JULY

July 28, 10.30 am to 12.30 pm

Gold Coin Donation

Bookings essential.

FREE! CONTINENCE SEMINAR

August 25th 11am to 12.30pm

Bookings essential.

FREE! DIABETES SEMINAR

September 22nd 10.30 am to 11.30 am

Bookings essential.