

# WILMA Services

## Evidence Based Woman Centered Health and Wellbeing

- ⊙ Counselling
- ⊙ Casework
- ⊙ Women's Health Nurse
- ⊙ Naturopathy and Nutrition
- ⊙ Acupuncture and Cranio-Sacral Therapy
- ⊙ Yoga, Meditation, Tai Chi and Gentle Exercise Classes
- ⊙ Therapeutic Groups
- ⊙ Events and Workshops
- ⊙ Free Legal Advice
- ⊙ Information and Referral
- ⊙ Arabic Speaking Counselling

If you would like to make an appointment or to find out more information on any of our services, our contact details are as follows:

**WILMA Women's Health Centre**  
6 Bugden Place, Campbelltown NSW 2560

Phone: (02) 4627 2955

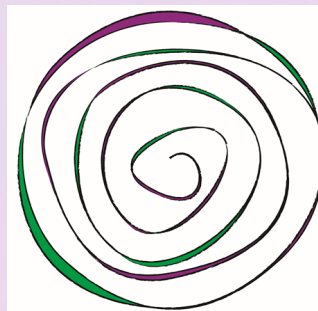
Email: [wilma@wilma.org.au](mailto:wilma@wilma.org.au)

Website: [www.wilma.org.au](http://www.wilma.org.au)



Our opening hours are Monday-Friday,  
9am-12.30pm and 1.30pm-4pm

Facebook: [www.facebook.com/WILMAWomensHealthCentre](http://www.facebook.com/WILMAWomensHealthCentre)



### Upcoming Groups and Workshops

Please call to register your interest.

- Art Therapy/Project
- Young Women's Drop-In Art Projects
- Chair Yoga
- Walking Group
- Living with a partner with a drug/alcohol dependency

### **FAMILY PLANNING NURSE**

#### Mondays and Fridays

Pap smears

Breast checks

Pregnancy tests

Post-natal checks

STI checks


Contraception advice

Wellbeing screening

# WILMA Women's Health Centre


## What's on at WILMA Term 1 2018

### Save the Date

We are celebrating   
WILMA's 30th birthday and  
International Women's Day  
on Thursday 8 March 2018  
from 10.30am-12.00pm.



All women welcome.  
We'd love to see you!

Please RSVP by   
Thursday 22 February.



Phone 4627 2955.

## MONDAY

### Introduction to Healthy Moves (Katrina)

Have fun, get moving and feel energised.

Exercise and healthy lifestyle tips to start feeling great.

Starts 5 March for 5 weeks, 10.30am-12.30pm. Cost: \$5 per session or \$20 for the whole course.



## TUESDAY

### Mums and Babies Yoga

Look after yourself and connect with your baby & other women.

Starts 6 February for 10 weeks, 10am-11am. Cost: \$10 per session or \$90 for the whole course.

### In Search of the Inner Wild Woman (Jane)

Reclaim your vitality, self-esteem and sense of personal power.

Starts 20 February for 6 weeks, 10.30am-12pm. Cost \$5 per session or \$25 for the whole course.

### Meditation

Relaxation which may help with anxiety, stress and depression.

Starts 30 January for 10 weeks, 11.30am-12.30pm. Cost: \$5 per session or \$45 for the whole course.

### Yoga (suitable for all levels)

A variety of physical postures, breathing and deep relaxation.

Starts 30 January for 10 weeks, 1pm-2.30pm. Cost: \$10 per session or \$90 for the whole course.

### Tai Chi

A relaxing form of exercise for strength and balance.

Starts 30 January for 10 weeks, 6.30pm-7.30pm. Cost \$10 per session or \$90 for the whole course.

## WEDNESDAY

### Healing for Aboriginal Women (FREE)

In partnership with Tharawal Aboriginal Corporation.

Starts 7 February, 10:30am-12:30pm. For more information and bookings call Dhiiyaan Brighter Futures on 4620 0400.

## WEDNESDAY (continued)



### Creating Meaningful Positive Change (Jenny)

If you want to encourage change it starts by being kind to yourself first.

What inspires you to change?

Starts 14 March for 3 weeks, 10.30am-12pm. Cost \$5 per session.

## THURSDAY

### Gentle Exercise

Suitable for beginners and seniors.

Starts 8 February, 2pm-3pm. FREE

### Evening Yoga (6.00 & 7.30 classes)

(suitable for all levels)

A variety of physical postures, breathing and deep relaxation.

Starts 1 February for 10 weeks, 6pm and 7.30pm. Cost: \$10.00 per session or \$90 for the whole course.

## FRIDAY

### Sister Girl Yarnz (FREE)

Starts 9 February, 10am to 12.30pm. Call Julie on 4640 7333.

### Emotional Wellbeing Workshops (Nikki)

1.30pm-3pm each week. Cost \$5 per session.

1. Finding Purpose and the Power of Positive Self-Talk - 9 & 16 February
2. Self-Compassion through Kindness and Self-Respect - 2 & 9 March
3. Finding the Courage to be True to Yourself and Overcoming Self-Doubt - 23 March & 6 April

WILMA is a women-only space for women of all ages  
in the local Macarthur area.

Bookings are necessary for all groups.

Give us a call on 4627 2955 or email us at [wilma@wilma.org.au](mailto:wilma@wilma.org.au)