



**Our Centre is a safe space for women. Male relatives and friends are requested to wait downstairs**

**Our no cost services include:**

- Information & referral
- Casework and support for issues
- Generalist counselling
- Child and adolescent trauma counselling
- Health promotion
- Dietitians
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor



**Our Vision**

That the Canterbury and Bankstown Local Government areas value and support the health and wellbeing of all women and their families.

**Sign up for our eNewsletter**

If you want to receive our e-Newsletter with news and updates about all our *free* classes, groups and other activities, simply email us at

sWSlhd-

bankstownwomenshealthcentre@health.nsw.gov.au  
Or go to our website [www.bwhc.org.au](http://www.bwhc.org.au) and register to receive the newsletter



***Children may not attend any services, groups or activities unless stated. For safety reasons, children must be accompanied at all times and cannot wait alone in the waiting room while you attend an appointment***

**Fees & charges**

Our groups, workshops & activities are provided free of charge.



**Groups, Classes & Workshops**

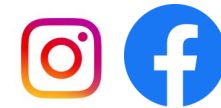
**Term 1 2024 program**

**Monday 12th feb 2024 to  
Friday 12th April 2024**



**is a safe space for women  
and wheelchair accessible**

Level 1, 24-26 Jacobs Street  
Bankstown 2200  
**Tel: 9790 1378**



[www.bwhc.org.au](http://www.bwhc.org.au)

**Email: [SWSlhd-bankstown-womenshealthcentre@health.nsw.gov.au](mailto:SWSlhd-bankstown-womenshealthcentre@health.nsw.gov.au)**

## MONDAYS

### Intermediate Pilates –FREE

#### 9.15 am-10.15 am Pilates

Improve your Health and fitness level facilitated by our experienced Pilates teacher. Pilates workout for rehabilitation, lower injury risk and overall health . Suitable for intermediate fitness

- balance the body's muscles, so they are neither too loose nor too tight, both states which can make the body more susceptible to injury.
- focus on dynamic strength, the joints are stabilized and better supported.
- cross-training with pilates is helpful for athletes, making the body more limber
- strengthens the pelvic floor and can reduce joint and muscle discomfort

## TUESDAYS

### Women's Group– Free

#### 10.30 am - 12 pm

Improve your Health, social connections, and knowledge. Suitable for beginners and low to medium fitness level

- Vietnamese /English speaking facilitator
- Stretching and Zumba
- Improve your social connections with other women from the community



## WEDNESDAYS

### Active Women –Free

#### 9.30am - 11 am Chair YOGA

Improve your Health ,wellbeing, and core balance. Yoga balance workout . Increase your flexibility, muscle strength and tone. Suitable for beginners (9.30-yoga,10.15 guest speakers)

- Improve your respiration, energy and vitality.
- Maintain a balanced metabolism.
- Beginners Yoga
- Or chair Yoga
- At your own pace
- cardio and circulatory health.
- protection from injury
- Health information and education

**You must register for our free groups at beginning of each term and commit to attending the whole term**

**Priority is given to new participants**

**You may have only access to one group per week if other groups are full**

**Must live or work canterbury Bankstown LGA**

**Speak to a caseworker, or our intake and referral officer to determine the most suitable group for you**

**97901378**

## THURSDAYS

### FOOD SHARE FREE FOOD!

**9.00 am—12.30pm (Contribution of \$2.00 towards transportation costs only )**

**Ring on Monday 15th Jan 24 for the first collection on 25th January 2024**

Our aim is to support families in gaining access to free healthy and nutritious food when experiencing financial hardship . This program is for those who live and work in the Canterbury Bankstown Local Government area.

**Collection is by appointment only. You must ring on Monday mornings 10-11 am to make an appointment for collection**



**Bankstown  
women's  
health centre**