


TERM 1 SCHEDULE

Monday 2 February 2026 to Friday 3 April 2026

THE CONNECTION HUB

 ALL PROGRAMS HELD AT 24-26 JACOBS ST, BANKSTOWN

 REGISTRATIONS ARE ESSENTIAL: 02 9790 1378 OR

[HTTPS://LINKTR.EE/BANKSTOWNWOMENSHEALTH](https://linktr.ee/bankstownwomenshealth)

 **NO LIMIT ON TERMS OR PROGRAMS TO BE ACCESSED**

MONDAY

CERT III IN BUSINESS WITH VITAL TRAINING SOLUTIONS

9AM - 3PM

@ BWHC

ENROLMENTS OPEN

WEDNESDAY

CHAIR YOGA

WITH THI

10AM-11AM

\$20 FOR THE TERM

BELLY DANCING

WITH SAMAR

11AM - 12PM

\$20 for the term

Starts 25/03/2026 -

20/05/2026

PRE-K 9-WEEK ART CORNER WITH

AUNTY LIZ

12.15PM - 2.15PM

3-5 YEAR OLDS

FREE

TUESDAY

Feb: 03/02, 10/02, 17/02, 24/02

March: 03/03, 10/03, 17/03, 24/03, 31/03

WOMEN'S GROUP

9.30AM - 10.15AM

YOGA WITH FATEN

\$20 for the term

10.30AM - 11.30AM

ZUMBA WITH JUDY / NUTRITION WITH RENEE

\$20 for the term

THURSDAY

SOCIAL CONNECTION GROUP

BRIDGE TO HEALTH ARABIC SPEAKING

WITH SARAH

Feb: 05/02

March: 26/03; April: 23/04, 30/04

May: 07/05, 14/05

10AM - 11.30AM

@ BWHC / FREE

MUMS & BUBS YOGA & PLAYGROUP

WITH JUDY

Feb: 05/02, 12/02, 19/02, 26/02

Mar: 05/03, 12/03, 19/03, 26/03

April: 02/04

12PM - 1.30 PM

0-1 YEARS OLD / FREE

FREE

TERM 1 Events

2026

Digital Health Talks with Fatima Get Comfortable with Technology

A friendly introduction to digital tools and technology to support everyday life, access services, and build confidence online.

Light refreshments provided

WEDNESDAY

11TH FEB 2026
10AM - 11AM
@ BWHC

Fasting & Wellbeing Workshop (Arabic-English) with Sarah

A culturally responsive session exploring fasting, wellbeing, and healthy routines during fasting periods.

Light refreshments provided.

THURSDAY

12TH FEB 2026
10.00 - 11.30AM
@ BWHC

Unmute Women's Health Cervical Screening Social Media Campaign Launch

⚠ Invitation Only - No Registration Required

TUESDAY

17TH FEB 2026
10.30-1.30PM

BY INVITATION
ONLY

A SUPPORTIVE, EDUCATION-BASED GROUP FOCUSED ON WOMEN'S
EVERYDAY HEALTH, WELLBEING, AND HEALTH LITERACY.

5 WEEKS 24.02.2026
- 24.03.2026

Week 1 - What Makes a Healthy Lunchbox?

Week 2 - Perimenopause and You

Week 3 - Vitamin D: Sun Safety & Strong Bodies

Week 4 - Iron & Everyday Energy

Week 5 - Protein & Women's Wellness

TUESDAY

1.15PM-2.15 PM
@ BWHC

FREE

TERM 1 Events

2026

International Women's Day

Joint Partnership Event with
Bankstown Multicultural Interagency Committee

WEDNESDAY

25TH MARCH
ORION FUNCTION
CENTRE
CAMPSIE

REGISTRATION INFO WILL
BE PROVIDED.

Endometriosis Awareness Day Crafts & Conversation Session

Light refreshments provided
• Delivered by Renee

An awareness and wellbeing session creating space for connection, creativity,
and conversation.

TUESDAY

31ST MARCH
12-1.30PM
@BWHC

Digital Health Talks with Fatima
Stay Safe Online
Light refreshments provided

Learn practical tips to protect your privacy, avoid scams, and
navigate the online world safely.

THURSDAY

2ND APRIL
10AM - 11AM
@BWHC

Important Information

Registrations essential for all events unless stated otherwise
Limited places available
NO TERM BY TERM LIMIT

Open to women in the Bankstown/Canterbury LGA
Culturally inclusive and accessible programs

 To register or find out more: 02 9790 1378 or
<https://linktr.ee/bankstownwomenshealth>