

FOOD SHARE FREE FOOD!

Eat well, live well (contribution \$2)

Our aim is to support families in gaining access to healthy and nutritious food.

EVERY THURSDAY :Door opens at 9.30 am so be early to avoid missing out as food goes quickly.

Starts at Bankstown Womens Health Centre on 4th October

Must be over 18 and live in the Canterbury Bankstown LGA
call : (97901378)



Helpers needed

We are currently recruiting helpers to assist with unpacking and sorting food

Call us to find out more about this opportunity

Thank you!

We are very grateful to SecondBite and Foodbank for donating food to our FoodShare initiative.



Our vision is an empowered community, which values and supports the health and wellbeing of all women and their families

Sign up for our eNewsletter

If you want to receive our eNewsletter with news and updates about all our classes, groups and other activities, simply email us at swslhd-bankstownwomenshealthcentre@health.nsw.gov.au



Fees & charges

Most of our groups, workshops & activities are provided free of charge. Some classes charge a fee to cover the cost of hiring the facilitator.



Groups, Classes & Workshops

Term 4 2018

22nd October

To

14th December 2018



Bankstown
women's
health centre

is a safe space for women and wheelchair accessible

Level 1, 24-26 Jacobs Street
Bankstown 2200

Tel: 9790 1378

www.bwhc.org.au

www.facebook.com/bankstownwomen

Email: swslhd-bankstownwomenshealthcentre@health.nsw.gov.au

Groups & classes

Children may not attend any groups, classes or workshops unless otherwise stated.

MONDAYS

Wellness for Women :

10.30am-1pm (Free)

For Women who have experienced Cancer or have a family member or a friend who have been affected by Cancer

Facilitator: Loubna

- **Arabic Cancer Support Group**
- **Yoga**
- **Mindfulness**
- **Mentoring and Healthy Living**
- **Education program**
- **Lunch**



Cancer Institute NSW

WEDNESDAYS

Yoga

9.30 am-10.30 am (\$10 per session)

Facilitator: Anna

Mind Body practice that combines physical movement, breathing and meditation. Yoga may help to improve stress and lower blood pressure.

Tokens can be purchased 30 minutes prior to class. Numbers are limited, come early to avoid disappointment.

Healthy Lifestyle Group and 30 minute personal training session

10.40am-12 Midday (Free)

Dietician: Renee

Supporting and promoting healthier lifestyles for women who have, or who are at risk of developing, chronic health conditions. Topics include:

- Diabetes
- Cholesterol
- Heart disease / blood pressure
- Healthy food & lifestyle choices

Call us to Enrol



THURSDAYS

Zumba:

1.30-2.15pm (\$10 per session)

Zumba targets lots of different muscle groups at once for total body toning. Boosts your heart health, relieves stress levels, and improve cognitive skills.

Tokens can be purchased 15 minutes prior to class. Numbers are limited, come early to avoid disappointment.

Active Women : Starts 4th October

10.30-12.30pm (Free)

Improve your Health and Wellbeing, Stay active and Healthy. Meet others

- Social group
- Gentle Exercise
- Healthy Lunch



Vocational Educational Training :

Qualification: Certificate 3

Individual Support. Jobs available in this sector include Accommodation support worker, personal carer, Disability Support Worker, Aged Care Worker, School Support, **Learn in a Womens only safe space @BWHC**

Contact BCA National 8585 5516