



**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](mailto: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.



Health
South Western Sydney
Local Health District

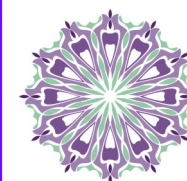
Groups, Classes & Workshops

Term 1 2019

4th February 2019

To

5th April, 2019



**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-
bankstownwomenshealthcen
tre@health.nsw.gov.au](mailto:swslhd-bankstownwomenshealthcentre@health.nsw.gov.au)

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

Our services

Please call us on 9790 1378 to discuss our services and to arrange a referral or make an appointment.

- Information & referral
- Casework for complex issues
- Generalist counselling
- Child sexual assault counselling
- Health promotion
- Dietitian
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor
- Psychologist

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

MONDAYS

Active Women

9:30 am –10.30 am (Free)

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

- Social group
- Gentle Exercise



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

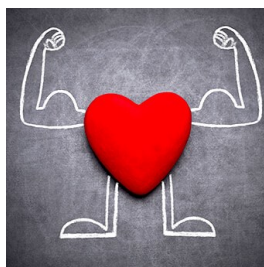
10.40am-12 :30 pm (Free)

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

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 9.30am so be early to avoid missing out as food goes quickly.



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 Food-Share initiative.

