

FREE

WOW for Women 2017

"Self Care comes First!"



Inglewood & Districts Health Service invites ladies of all ages from the Loddon Shire to the FREE WOW for Women Day.

Friday 19th May 2017

9:45am-3:30pm

Wedderburn Community House

Lunch, Morning & Afternoon Tea included

Workshops Available:

Morning Workshops - Fun and Learning

- Cupcake Decorating
- Simple Patchwork
- Polymer Clay Figurines
- Jigsaw Memories (bring your own photos)
- Introduction to Tai Chi

Special Guest Speaker
Bush Poet - Kathy Vallance
"Laughter is the Best Medicine!"

Afternoon Workshops - Looking after Yourself

- Intro to Dancing
- Intro to Self Massage
- Intro to Aromatherapy with Foot Spa
- Intro to Meditation and Relaxation
- Intro to Strength Training

FREE Health Checks,
Inspiring talks on Self Care
& lots more!!!

Space is limited in each workshop so please book in early to get into your chosen workshops for the day!

Bookings Essential: ☎ 5431 7000