

Being Your Best You!

Wellbeing Workshop for Women

funded by **phn**
WESTERN NSW

An Australian Government Initiative



“What progress, you ask – Have I made? I have begun to be a friend to myself.” - Hecato

Come & join us for a day to restore and relax, share great food & company & discuss tips to help manage the pressures of life.

**10am – 3pm Friday 29 November 2019
at Collie Hotel, Oxley Hwy, Collie**

Cost: Free! Lunch provided (numbers limited)

Please bring a share plate for morning tea and a water bottle.

Please wear loose, comfortable clothing.

RSVP essential!

To register or for more information, please contact:

Camilla Kenny - call or text 0419 266 493

or email camilla.kenny@health.nsw.gov.au

Bogan Bush Mobile Playgroup will be running on this day at the Collie CWA Hall, with extended hours of 10am – 3pm. For new attendees, you will need to enrol children prior to the day – please contact Bogan Bush Mobile (02 6835 9038) directly to enrol, as some cost may be incurred.

This service is funded by the Western NSW Primary Health Network.