

Being Your Best You!

Wellbeing Workshop for Women

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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 Thursday 28 November 2019
at Marthaguy Hall, Marthaguy**

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:
Amanda Glasson – text or call 0419 266 493

Bogan Bush Mobile Playgroup will be running on this day at the usual location for Marthaguy, 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.