

Older Women's Network Bankstown Wellness Centre



“WELLNESS IN YOUR HANDS”

Term 3 - 2010 (19 July to 22 September)

Come and join us for some interesting sessions,
in a supportive and welcoming environment,
Tuesdays from 11.45 am to 12.45 pm, in the “Meeting Room”,
at the Bankstown Police & Community Youth Club (PCYC),
Cnr Meredith Street & French Avenue, Bankstown.

DATE	TOPIC
20 July	<u>Cave Body, Cyber Mind</u> : Where evolution has taken us. Lorna Parker
27 July	<u>“Moral Health”</u> : For us and our society. Lorna Parker
3 August	<u>Revising our Life Plan</u> : It's never too late! Lorna Parker
10 August	<u>The Use By Date of common household products</u> : Examine if your home is a source of ill health. Petra Will-Herat.

Please turn over

“WELLNESS IN YOUR HANDS” (Continued)
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DATE	TOPIC
17 August	<u>The 100 Types of Arthritis:</u> Learn about the different conditions that come under this “umbrella” term. Petra Will-Herat
24 August	<u>Is Margarine good for you?</u> Learn why some authorities want to ban trans fatty acids. Petra Will-Herat
31 August	<u>The benefits of raw foods:</u> Learn why raw foods are superior to processed foods. Petra Will-Herat
7 September	<u>Myths about Cholesterol:</u> Learn why your diet may not be working. Petra Will-Herat
14 September	<u>You look like what you eat:</u> Hear why our food affects more than just our waist line. Petra Will-Herat
21 September	<u>Motion Sickness:</u> Find out what causes it and what help is available. Petra Will-Herat

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You are welcome to attend any (or all) of these sessions.

Ring: 9708 2245 or 0413 001 261,
for a program containing ALL of our activities.
Email: bankstown@ownnsw.org.au

An older woman is generally considered to be 50 years and over.
Aboriginal & Torres Strait Islander women aged 45 years & over
are welcome to attend.

Cost: \$20 per term.

Bankstown PCYC Membership is also required.
(Please enquire at PCYC front office regarding PCYC membership fees).

The OWN Bankstown Wellness Centre is a Project of the
Older Women’s Network NSW Inc and is funded by NSW Health.