

## Older Women's Network Bankstown Wellness Centre



### **“WELLNESS IN YOUR HANDS”** **Term 1 - 2012 (30 January to 4 April)**

**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.**

<b>DATE</b>	<b>TOPIC</b>
<b>31 January</b>	<b><u>Summer Health.</u></b> Coping with bothersome insects. <b>Petra Will-Herat.</b>
<b>7 February</b>	<b><u>Summer Health.</u></b> Dealing with summer headaches. <b>Petra Will-Herat.</b>
<b>14 February</b>	<b><u>Summer Health.</u></b> Managing sun stroke, sunburn and sun allergies. <b>Petra Will-Herat</b>

**Please turn over .....**

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DATE	TOPIC
21 February	<b><u>Summer Health</u></b> . Heat and your circulation. Petra Will-Herat
28 February	<b><u>Summer Health</u></b> . Diarrhoea – at home and on holidays. Petra Will-Herat
6 March	<b><u>Whole Foods</u></b> : Learn about their benefits and why they are good for you. Petra Will-Herat
13 March	<b><u>Gold</u></b> : Not just for jewellery. Learn about the medicinal uses of gold. Petra Will-Herat
20 March	<b><u>Menopause and Beyond</u></b> : Get some healthy lifestyle tips. Petra Will-Herat
27 March	<b><u>Muscle Tension</u></b> : Learn about the effects of muscle tension and how you can help yourself. Petra Will-Herat
3 April	<b><u>Is your Immune System out of control?</u></b> When our immune system goes haywire, there can be serious consequences for the body. Learn what modern science can do to help. Petra Will-Herat

**Older Women’s Network Bankstown Wellness Centre**  
 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](mailto:bankstown@ownnsw.org.au)

The Wellness Centre is for women who identify as older.

Cost: \$25 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.