



Wellness on Monday

(and Tuesday and Friday)

Illawarra OWN Wellness Centre Newsletter

December 2011

Vol. 2 No. 3

FROM THE EDITOR....

The end of another busy year and Christmas is just around the corner again. Despite all the hype I *like* Christmas! It gives me an opportunity to enjoy my family and forget about the hassles that life throws at us all from time to time. I love the chaos on Christmas morning when the house looks like a whirlwind has hit and the general feeling of over indulgence. However while most of us are fortunate to have family and friends around us, please spare a thought for those who are not so lucky.

As most of you know the performance drummers travelled to Perth for the OWN National Conference followed by a short holiday before heading back east. We had a great time – more about that later.

As Barbara says in her report following, we are going from strength to strength at the Centre. Our membership has now grown to over 130 – not bad considering we started with about 30 members for 3 hours per week just over two years ago.

Thank you to Nali for her wonderful demonstration and lunch of Sri Lankan food. (see page 3) And to all who donated to our Christmas raffle. Your generosity is astounding and very much appreciated.

Last but not least thank you to Barbara for all her hard work.

I wish you all a wonderful Christmas and a healthy and peaceful new year. Enjoy the break.

See you all back, raring to go on **Monday 30th January**

Sheila Hall



... AND THE COORDINATOR

Facing A Christmas with "Trepidation" and the New Year with "Celebration"

Thanks to the hard work of a brilliant and very modest team of coordinators we have finished this year with our bottom line in the black and looking good.

As you will notice by photos in other parts of this edition, some of us look better than others, but is that a problem? Nah. The main thing is we have had a good year and are all looking forward to the joy of Christmas and the expectations for a happy, healthy and peaceful New Year.

Due to the extra funding, the Thai Yoga and by members introducing friends and family to OWN, our membership at the moment has grown considerably. Extra classes have had to be introduced to cater both for the improvement of the fitness levels and the numbers attending. The new kitchen and extra storage cupboards were very welcome and with council now managing the hall and gardens we have a centre we can be proud of.

Unfortunately we have been unable to entirely address one problem which causes concern to members and facilitators alike, and that is the problem of combining the classes with the needs and desires of the members to be able to socially network. In other words, too much chatter disturbs the classes. We all want to be able to concentrate on the instructors messages and also to meet and greet friends, check out the treasure table and generally act like women enjoying each other's company. So once again we have moved the treasure table and the morning tea to the theatre foyer. If you could all appreciate the space and freedom both the theatre foyer and the outside veranda area provide and make that your first port of call, you would really make my day. And am sure I speak for the rest of the coordination team when I also add, "and so say all of them."

This year there are some amazing people who have so generously volunteered their time and expertise to wellness who we must say a big thank you to. To John Maquire, alias Uncle Cyril for giving us the appreciation of the wonderful instrument of the Ukulele and it's music, Audrey Lowrie for her talk on how to train our brains to think more positively, to Joan Muir for her craft lessons, Joanne Joyce-McCoach for helping so many with dealing with grief and loss and last but not least to Chaiya for the Thai Yoga experience. Chaiya not only volunteered his teaching, he is also training a young lad we hope will continue the class when Chaiya returns to Thailand later next year. Also turning up with a smile and ready to go each week, Marta, Michele and Fiona all make keeping fit such an enjoyable and looked forward to experience. We have all benefited from their skills, knowledge and teachings.

A deserving thanks also goes to the Illawarra OWN group for their support throughout the year and last but not least is the team who make up the Illawarra Wellness Coordination team, Thelma, Sheila, Meredith, Lorraine and Lily. These are the ones who make it all happen, the treasure table, setting up the morning tea, keeping the books, setting up the hall and seeing that it is left in a clean and tidy condition, putting the newsletter together, attending the numerous meetings that go with running an OWN Wellness centre and being a member of OWN NSW are all undertaken by these wonderful women.

From myself and all our members, big thanks to you all.

Barbara Malcolm



2011 IN RETROSPECT



Lunch at Mt Keira

What a crazy year we've had at Wellness!

In January we shared a very pleasant lunch at Mt Keira with some of the ladies from OWN. It was also Barbara's birthday, so we were able to celebrated with her.

In term one we received the wonderful news that we had been awarded a very generous grant from The International Women's Day Committee and were invited to attend the International Day annual Lunch at the Novotel which was enjoyed by all. The grant has enabled us to offer new and interesting activities, some of which have been covered in previous newsletters.

We began in term two with Petra Wills-Herat's challenging workshops at Corrimal, *Living Well Within Your Skin*, which was of great help to those who attended. This was followed by our first art class in May.

Term three saw the introduction of Ukulele Classes with John Maquire. It is so much fun. John is very patient and makes us feel as if we are doing OK, even if we're not! This class will continue in 2012 and all are welcome. We still have three ukuleles which are available for loan if you'd like to give it a go.



Ukulele Class with 'Unkle Cyril' in full Swing

We offered a second art class with Alena in term three, again well attended.. The course was topped off on the last day with a performance of crystal bowls by Siohban, a friend of Alena. If you haven't heard this beautiful sound it is well worth listening to. We hope to be able to arrange a performance during the coming year - we'll keep you posted. The nice thing about the art and craft classes is interaction between the participants while relaxing and 'having a go'. It really does let you forget your worries for a few hours in the company of friends. We will be running a third art course first term in 2012 (Details on Page 5)

In term four we were able to fit in three activities. Joanne Joyce-McCoach, lecture In the Faculty of Health and Behavioural Sciences and Nursing, at the University of Wollongong conducted two workshops about dealing with loss and understanding grief. These were very well received and Joanne has offered her expertise and time to run further workshops in the new year – we will keep you informed.

Craft with Joan Muir was enjoyed by all participants which we also hope to repeat at a later date.

Currently we have a series of three workshops underway with Deborah Redwood, combining art and positive thinking entitled *After Fifty - The Golden Years*.

We were also able to sponsor a function through the Mental Health Service for clients and the their carers, during Mental Health week which was attended by Thelma (see below), and to sponsor a series of workshops through Warilla Women's Centre for the benefit of women in the Southern Suburbs.

Last, but by no means least we will wind up with our Christmas Lunch on Monday 12th at the Centre, always a good day with delicious food.

In addition to all of this, we managed to fit in five community drumming performances and to perform at three conferences , attend the Seniors Concert in Sydney in March, spend a week in Perth in October and had a wonderful day out in November when nine of us went to see *Mary Poppins* at Her Majesty's in Sydney. We had a great day. The weather was perfect, the company great, and we again enjoyed Yum Cha lunch (thanks Lily), before the show. The show was great – lively and very well done, and a great day was had by all

The treasure table continues to be very popular - many thanks to Thelma for all her hard work and to all who donate and buy. Good quality, clean, saleable goods are always very welcome..

Add to this classes with our fantastic regulars, Marta, Fiona and Michele, Barbara and Chaiya, all of which continue to be well attended – thank you all. A busy year indeed...!



Nali, Yoki Mooi & Juni proudly displaying their craft achievements.

SRI LANKAN COOKING DEMONSTRATION - THANK YOU NALI



Nali and her 'assistant' Lily, hard at work

A big, big thank you to Nali Kitulagodage who gave a wonderful demonstration of Sri Lankan Cuisine, Twenty ladies attended and after the demonstration were treated to a yummy and healthy lunch which included curried vegetables, a .delicious chicken dish, friend rice and a very tasty lentil dish.



Left: The delicious food cooked by Nali

MENTAL HEALTH SERVICE LUNCH

On a bright sunny morning on 11th October, I represented the Wellness Centre at an event celebrating mental health month, held in Coniston.

The staff welcomed me to morning tea with clients and carers, bingo and word games were played, and we were all encouraged to take part in some gentle exercise, hand and neck massage was available all morning, and was enjoyed by many of the clients and their carers. Jodi Cooper soon had everyone feeling happy and relaxed with her 'Laughter Therapy', followed by a lovely lunch prepared by the staff. 'Unkle Cyril' and his ukulele group soon got our toes tapping with lunch entertainment. I left the event with a spring in my step, the sun had shone, I had felt most welcome, and had enjoyed a wonderful day in the company of the wonderful staff, clients and their carers.

Thelma Prescott

CRAFT COURSE WITH JOAN MUIR

A group of wellness members recently enjoyed a four week craft workshop. The centre echoed with laughter and enjoyment each Friday when Joan Muir a retired teacher, ran the workshops. No excuses now for not presenting our families with a special gift each made with love. We learnt how to cover coathangers with lace, make brooches, Christmas cards, gift bags and matching cards, mobiles and other small personal gifts. Joan Muir inspired us all to try something new. I hope to surprise my family on Christmas day giving them all a small gift made especially for each one of them.

Thank you Joan, you really showed us the true joy in creating something made with love. I am sure that all the members who attended the workshop look forward to another craft workshop in the new year. Hopefully other members will attend. I know you would enjoy the time spent among friends, and being taught to make something that is just yours.

Thelma Prescott

WELLNESS CENTRE, TERM 1 - 2012

Following are details of the program for the first term in 2012. All classes and times are the same as last term with information of special classes/workshops below

PROGRAM

Monday 30 January to Tuesday 3 April

MONDAY

9.00 – 10.00 am	Tai Chi with Marta Venegas
10.15 – 11.15 am	International Dancing with Fiona Clarke
11.30 – 12.00 pm	Extra Gentle Exercise for beginners with Michele Leeder-Smith
12.00 – 1.00 pm	Gentle Exercise with Michele Leeder-Smith
1.15 – 2.30 pm	Argentinean Drumming with Barbara Malcolm

TUESDAY

9.00 – 10.00 am	Thai Yoga for beginners with Chaiya Noradechanunt, PhD Student, University of Wollongong
10.10 – 11.30 am	Thai Yoga for the more experienced with Chaiya Noradechanunt, PhD Student, University of Wollongong
11.30 – 12.45 pm	Ukulele Lessons with John Maguire For beginners and experienced players. A fun class for those who have always wanted to give it a go but never had the opportunity.

Additional workshops and activities to be advised

SIGNING UP FOR COURSES/WORKSHOPS ETC.

Can we *please* ask that when signing up for courses/workshops etc. you only do so if you are sure you can commit for the whole of the course if possible – **illness and emergencies excluded** of course. It is unfair to other members and the tutors when people sign up then do not attend. When numbers are limited It also prevents other people from participating. This is particularly important when functions are catered for.

FIRST AID COURSE

St John's Ambulance has agreed to run a non-certificate Personalised First Aid Training Program for four hours over two weeks in February. The content will concentrate on basic first aid in the home to assist with everyday accidents and illnesses which can affect us all, ie Stroke Awareness, Heart Attack Symptoms, Minor burns etc.

DATES: Friday 10 & 17 February
TIME: 10.30 - 12.30 **FREE ACTIVITY**

CREATIVE EXERCISES AND PROJECTS IN ART WITH ALENA KENNEDY

This is a course in visual art making which combines the following components:

Creative exercises and ideas stimulation.

Practical skills building in drawing, painting, mixed media, pattern making etc

Projects in a variety of ideas and media

There may be an inclusion of intuitive, sensory and imaginary exercises if the participants are interested. However the emphasis of this course is on developing practical skills through enjoyable and stimulating exercises, and on creating, developing and finishing a variety of art projects.

No previous experience in art is required. Participants can work at their own pace.

DATES: Friday 24 February to Friday 30 March (6 weeks)

TIME: 10.30 - 12.30 pm **FREE ACTIVITY**

PLEASE CONTACT LORRAINE 42847487 OR SHEILA 42287840
email sheilahall@aapt.net.au - or add your name to the list at the desk.

OWN 2011 NATIONAL CONFERENCE

In October the performance group travelled to Perth to attend and perform at the 2011 Older Women's Network National Conference which was held at Point Walter, a beautiful spot south of the city on the Swan River. The venue is a Sports and Recreation Centre catering mainly for schools and youth groups. The accommodation was basic, but the location and the warm welcome from the ladies in Perth, more than made up for it.

The Conference was opened on the Monday by the wife of the WA Governor who gave an interesting and often amusing talk about life as the wife of the Governor. This was followed by Speakers who covered interesting and informative topics that are very relevant to us all as we get older. They talked about Government services available in WA, legal rights and advice including the pit falls of financing retirement accommodation on property owned by adult children without first obtaining legal advice. The distribution of property as a result of marriage breakdown by the property owners can leave an elderly relative 'high and dry'. A simple legal document could avoid such complications.

Following lunch the Sydney Theatre Group performed *Don't knock you Granny*, which was followed by a discussion panel on elder abuse.

Monday night was the Conference Dinner, with a wonderful guest speaker – a local journalist and author, Liz Bryski, who writes best selling novels in which the heroine is an 'older women'. She was very funny, talking about relationships and the trials and tribulations of being a single mum raising two sons. Her books are available in libraries in the Illawarra. We then kicked up our heels to live entertainment.



Riding in style - Limo to the airport



Drumming Workshop

conducted a drumming workshop. We attended a reflexology demonstration and joined in the fun of treasure hunt.

On Wednesday, as a finale to an interesting and well run Conference, we performed at a local theatre as part of a farewell concert followed by a buffet lunch, then we were off to Perth for the rest of the week.



Drummers ready for action!

visited Fremantle on our final day, while I ventured in to the City for some of retail therapy.

One of the highlights for me was a ferry trip to Rottnest Island home to the very cute Quokka, and so named because early Dutch Explorers who landed on the island in the 1690's thought they were very large rats! They're actually marsupials and one of the smallest of the wallaby family. They have almost been wiped out on the mainland by foxes, rabbits and feral cats, but thrive on Rottnest where they number between ten and fifteen thousand. As the island is very dry with very little fresh water, food is often scarce so many animals suffer from stress related disease. Authorities on the island are endeavouring to manage the numbers to ensure the survival of a healthy population. The tour included an historical bus tour of the island which was great – it was obvious that the commentator loved the island. Riding a bike seemed a bit hazardous to me but it is very popular and they all seem to survive. We ended the day at the hotel with a very pleasant lunch and a nice bottle of wine (thank you Judy).

Good food, good wine, good weather, lots of laughter and great company, what more could you ask for? We landed back in Sydney to be met once again by a limo who had us safely home around 10.00 pm ready for the beginning of term at Wellness the following day. Phew!!!

Sheila Hall

Tuesday was a more relaxing day and while the AGM was in progress we took the opportunity to explore the beautiful riverside area during the morning. The weather was perfect and we enjoyed coffee and cake and a walk by the water, where the elegant black swans obligingly came into the water edge for a photo shoot. Following lunch we gave a impromptu drum performance and Barbara



Judy, Lorraine, Raji, Sheila and Meredith

Perth is a lovely city and thanks to a wonderful free bus service we were able to explore. We visited the Mint, spent a pleasant few hours in beautiful Kings Park, and visited the Bell Tower. We treated ourselves to a wonderful City Lights dinner cruise on the Swan River – the food was delicious and once again we enjoyed some really nice WA wine. Some went off on a day trip to the wave rocks in the Pinnacles – a very long day – others



How cute is this gorgeous little Quokka?

FOOD FOR THOUGHT

Most people walk in and out of your life, but FRIENDS leave footprints in your heart.

I am not afraid of tomorrow for I have seen yesterday and I love today.

...and remember: good friends are like stars. You don't always see them, but you always know they are there!!!!!!



Christmas 2011 -- Birth of a New Tradition

As the holidays approach, the giant Asian factories are kicking into high gear to provide Australians with monstrous piles of cheaply produced goods - merchandise that has been produced at the expense of Australian labour.

This year make it different. This year give the gift of genuine concern for other Australians. There is no longer an excuse that, at gift giving time, nothing can be found that is produced by Australian hands. Yes there is!

It's time to think outside the box. Everyone -- yes EVERYONE gets their hair cut. How about gift certificates from their local hair salon or barber?

Who wouldn't appreciate getting their car washed, your local car wash manager would love to sell you a gift certificate or a book of gift certificates.

Would the family who have both parents working like their lawn mowed, a cleaning lady for a day or a game of golf.

Maybe breakfast at a local restaurant or a baby sitter to allow the parents to have a night out.. Remember, folks this isn't about big National chains -- this is about supporting your home town businesses keep their doors open.

Honestly, do you REALLY need to buy another 10,000 Christmas lights for the house? When you buy a \$5.00 string of light, they are all made overseas, about 50 cents stays in the community. Why not save on electricity and leave the postman or garbo a nice BIG tip.

Make Christmas about encouraging our local small businesses to keep plugging away, keep their doors open and employ local men and women. When we care about other Australians, we care about our communities, & the benefits come back to us in so many ways.

Be part of the new Australian Christmas tradition.

Barbara Malcolm

RECIPE CORNER

APRICOT SLICE *(Naughty but nice – thanks Thelma)*

Ingredients

1 x 250g butternut biscuits (crushed) 125g butter Half cup brown sugar
Half tin condensed milk 1 cup chopped apricots

Method

Heat butter, brown sugar and condensed milk until butter is melted. Do not boil. Add chopped apricots and crushed biscuits and mix well. Press into greased 28cm x 18cm slice tin, refrigerate for at least an hour.

Lemon Icing

8 tablespoons icing sugar. 1 dessertspoon butter. Lemon juice. Coconut to decorate.

Put icing sugar into basin, add softened butter then lemon juice until good consistency for spreading. Spread icing over slice and sprinkle with coconut.

FRIED NOODLE SALAD

1/2 -1 Chinese cabbage or Savoy cabbage shredded finely 6 green onions, chopped into 5mm lengths
100 grams lightly roasted slivered almonds or pinenuts 1 pkt (100 grams) of Chang's Fried Rice Noodles

Dressing

1/4 cup white vinegar 1/4 cup castor sugar 1 tblsp soy sauce
2 tblps sesame oil (optional) 1/2 cup olive oil

Combine all the dressing ingredients in a saucepan. Stir well over a low heat until sugar is dissolved. Cool. Toss the cabbage, green onions and almonds in a salad bowl. Add dressing and mix well. Just before serving add the Fried Rice Noodles and toss thoroughly.

To make an even more delicious salad add shredded BBQ chicken or BBQ pork.

14th, 15th, & 16th September 2012

Fitzroy Falls Dance Deli Folkdance Weekend

Residential. Fun! - A wonderful weekend away, great company, great teaching by Kaye Laurendet and Margaret Connor. Learn dances from countries along the Danube river in Europe. On Saturday night a themed dinner, followed by a dance party... A weekend to remember!

Venue: Fitzroy Falls Conference Centre.....

Tennis court available, walking trails, for the free time on Sat afternoon.
Fully catered. Special diets catered for.

Contact: Fiona Clark: 9548 0508 email: clark_fiona@yahoo.com.au

Laugh a Little



IMPORTANT WARNING FOR ALL WOMEN

You've no doubt heard about people who have been abducted and had their kidneys removed by black-market organ thieves.

Well my thighs were stolen from me during the night a few years ago. I went to sleep and woke up with someone else's thighs. It was just that quick. The replacements had the texture of cooked oatmeal. Whose thighs were these and what happened to Mine? I spent the entire summer looking for my thighs. Finally, hurt and angry, I resigned myself to living out my life in jeans. And then the thieves struck again.

My bottom was next. I knew it was the same gang, because they took pains to match my new rear-end to the thighs they had stuck me with earlier. But my new bottom was attached at least three inches lower than my original! I realized I'd have to give up my jeans in favour of long skirts.

Two years ago I realized my arms had been switched. One morning I was fixing my hair and was horrified to see the flesh of my upper arm swing to and fro with the motion of the hairbrush. This was really getting scary - my body was being replaced one section at a time. What could they do to Me next?

When my poor neck suddenly disappeared and was replaced with a turkey neck, I decided to tell my story. Women of the world wake up and smell the coffee! Those 'plastic' surgeons are using REAL replacement body parts - stolen from you and Me! The next time someone you know has something 'lifted', look again - was it lifted from you?

THIS IS NOT A HOAX. This is happening to women everywhere Every night. **WARN YOUR FRIENDS!**

PS. Those same thieves just came into my closet and shrank my clothes! How do they do that????

SOUND FAMILIAR?

I was having trouble with my computer. So I called Richard, the 11 year old next door whose bedroom looks like Mission Control, and asked him for help

He clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, 'So, what was wrong?

He replied, 'It was an ID ten T error.'

I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error?

What's that? In case I need to fix it again.'

Richard grinned. 'Haven't you ever heard of an ID ten T error before?'

'No,' I replied.

'Write it down,' he said, 'and I think you'll figure it out.'

So I wrote down: **ID 10 T**

I used to like that little sh!**

A REAL MAN

A real man is a woman's best friend. He will never stand her up and never let her down. He will reassure her when she feels insecure and comfort her after a bad day.

He will inspire her to do things she never thought she could do; to live without fear and forget regret. He will enable her to express her deepest emotions and give in to her most intimate desires. He will make sure she always feels as though she's the most beautiful woman in the room and will enable her to be the most confident, sexy, seductive, and invincible.

Oops... No wait... sorry... I've got it wrong, I'm thinking of wine. Never mind!!

MORE FROM KIDS - DON'T YOU JUST LOVE 'EM!

The following excerpts are actual answers given on history tests by children between 5th and 6th grade. Read carefully for grammar, misplaced modifiers, and of course, spelling! (Love the one about Johann Bach)

- Ancient Egypt was old. It was inhabited by gypsies and mummies who all wrote in hydraulics. They lived in the Sarah Dessert. The climate of the Sarah is such that all the inhabitants have to live elsewhere.
- Moses led the Hebrew slaves to the Red Sea where they made unleavened bread, which is bread made without any ingredients. Moses went up on Mount Cyanide to get the ten commandos. He died before he ever reached Canada but his commandos made it.
- Solomon had three hundred wives and seven hundred porcupines. He was an actual hysterical figure as well as being in the bible. It sounds like he was sort of busy too.
- The Greeks were a highly sculptured people, and without them we wouldn't have history. The Greeks also had myths. A myth is a young female moth.
- Socrates was a famous old Greek teacher who went around giving people advice. They killed him. He later died from an overdose of wedlock which is apparently poisonous. After his death, his career suffered a dramatic decline.
- Joan of Arc was burnt to a steak and was canonized by Bernard Shaw for reasons I don't really understand. The English and French still have problems.
- Queen Elizabeth was the "Virgin Queen". As a queen she was a success. When she exposed herself before her troops they all shouted "hurrah!" and that was the end of the fighting for a long while.
- Sir Walter Raleigh is a historical figure because he invented cigarettes and started smoking.
- Sir Francis Drake circumcised the world with a 100 foot clipper which was very dangerous to all his men.
- The greatest writer of the Renaissance was William Shakespeare. He was born in the year 1564, supposedly on his birthday. He never made much money and is famous only because of his plays. He wrote tragedies, comedies, and hysterectomies, all in Islamic pentameter.
- Writing at the same time as Shakespeare was Miguel Cervantes. He wrote Donkey Hote. The next great author was John Milton. Milton wrote Paradise Lost. Since then no one ever found it.
- Johann Bach wrote a great many musical compositions and had a large number of children. In between he practiced on an old spinster which he kept up in his attic. Bach died from 1750 to the present. Bach was the most famous composer in the world and so was Handel. Handel was half German, half Italian, and half English. He was very large.
- Bethoven wrote music even though he was deaf. He was so deaf that he wrote loud music and became the father of rock and roll. He took long walks in the forest even when everyone was calling for him. Beethoven expired in 1827 and later died for this.
- Louis Pasteur discovered a cure for rabbits but I don't know why.
- Charles Darwin was a naturalist. He wrote the Organ of the Species. It was very long and people got upset about it and had trials to see if it was really true. He sort of said God's days were not just 24 hours but without watches who knew anyhow? I don't get it.
- Madman Curie discovered radio. She was the first woman to do what she did. Other women have become scientists since her but they didn't get to find radios because they were already taken.
- Karl Marx was one of the Marx Brothers. The other three were in the movies. Karl made speeches and started revolutions. Someone in the family had to have a job, I guess.



Dear God, Can I please have my testicles back when I get to heaven

MY LIVING WILL

Last night, my kids and I were sitting in the living room and I said to them, 'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.'

They got up, unplugged the Computer, and threw out my wine.

The little bastards.

*Christmas is coming,
and I don't
know how to
get out of the way!*



Courtesy of Furry Logic by Jane Seabrook

THOUGHT OF THE DAY

You don't have to control your thoughts; you just have to stop letting them control you.

Dan Millman (thanks Marta).

Want to be a part of this

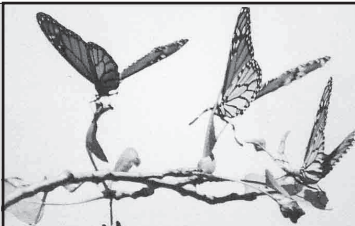


You're in good company with Illawarra Own

Wellness Centre

For further information contact

0415057452 or 42287840



There are six Wellness Centres in NSW part of OWN to encourage older women to participate in activities to improve their overall wellbeing and fitness through exercise of both mind and body



*NSW Older
Women's Network*