



Penrith Women's  
Health Centre  
Established 1987

G U I D E D

# MEDITATION



***FEELING STRESSED? BURNT OUT? IN NEED OF SOME TIME JUST FOR YOU?***

**JOIN US FOR OUR WOMEN-ONLY WEEKLY GUIDED MEDITATION SESSIONS, DESIGNED ESPECIALLY FOR HEALTHCARE & COMMUNITY WORKERS. EACH WEEK, WE'LL EXPLORE A DIFFERENT GUIDED MEDITATION TO HELP YOU RELAX, RECHARGE, & FIND INNER PEACE.**

---

**TUESDAYS**

**TIME:** 5:30PM - 6:15PM  
*DURING SCHOOL TERM*

---

**COST**

FREE OF CHARGE  
*DONATIONS APPRECIATED*

---

**LOCATION**

PENRITH WOMEN'S  
HEALTH CENTRE

*63 Union Road, Penrith*



*Facilitator: Vicki*

**CALL TO BOOK YOUR SPOT**  
**(02) 4721 8749**