



Penrith Women's  
Health Centre  
Established 1987

# WONDERFUL WISE WOMEN

**SOCIAL GROUP FOR OLDER WOMEN FROM DIVERSE CULTURES.**

SHARE STORIES, LEARN SELF-CARE TIPS AND SKILLS TO LIVING WELL IN OLDER YEARS, FIND OUT ABOUT SERVICES THAT CAN SUPPORT YOU AND MEET NEW FRIENDS OVER A CUPPA.

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## THURSDAYS

**TIME:** 10 AM - 12 PM

*DURING SCHOOL TERM*

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## LOCATION

THORNTON COMMUNITY  
CENTRE

61 LORD SHEFFIELD CCT,  
PENRITH

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CALL TO BOOK  
YOUR SPOT

**(02) 4721 8749**



*Facilitator: Yola, PWHC*