



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**

**FROM:** 22ND OCT -  
10TH DEC 2024

**TIME:** 5:30PM - 6:15PM

**COST**

FREE OF CHARGE  
*DONATIONS APPRECIATED*

**LOCATION**

PENRITH WOMEN'S  
HEALTH CENTRE

*164 Lethbridge Street, Penrith*



*Facilitator: Jen, meditation instructor*

**CALL OR TEXT JEN TO BOOK YOUR SPOT**

**0438 813 692**