



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.

THURSDAYS

FROM: 8TH FEBRUARY 2024

TIME: 10 AM - 12 PM

LOCATION

THORNTON COMMUNITY
CENTRE
61 LORD SHEFFIELD CCT,
PENRITH

CALL TO BOOK
YOUR SPOT

(02) 4721 8749



Facilitator: Yola, PWHC