



Penrith Women's  
Health Centre  
Established 1987

# MINDFULNESS FOR RESILIENCE



JOIN OUR SUPPORTIVE 6-WEEK ONLINE PROGRAM FOR WOMEN TO BUILD INNER STRENGTH THROUGH MINDFULNESS. LEARN GENTLE MOVEMENT, BREATHING TECHNIQUES, AND GUIDED IMAGERY IN A WELCOMING VIRTUAL SPACE THAT WILL HELP YOU REDUCE STRESS AND ENHANCE WELLBEING.

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**TUESDAYS**

**TIME:** 10:30AM - 12PM

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**COST**

FREE OF CHARGE  
*DONATIONS APPRECIATED*

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**LOCATION**

ONLINE (ZOOM LINK  
PROVIDED UPON  
REGISTRATION)



*Facilitators: Vicki & Vanessa*

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