

# Wonderful Wise Women Group

*A social group for older women from  
diverse cultural backgrounds.*

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**

(during school term)

10am - Noon

Starting 20th July 2023

## **Where**

Thornton Community Centre  
61 Lord Sheffield Cct, Penrith, NSW

## **Facilitator**

Yola from Penrith Women's  
Health Centre.



Bookings are essential as  
numbers are limited.  
Please contact PWHC reception.

**(02) 4721 8749**

**hello@pwhc.org.au**