



Penrith Women's
Health Centre
Established 1987

MINDFULNESS FOR RESILIENCE



JOIN OUR SUPPORTIVE 4-WEEK ONLINE PROGRAM FOR WOMEN TO BUILD INNER STRENGTH THROUGH MINDFULNESS. LEARN GENTLE MOVEMENT, BREATHING TECHNIQUES, AND GUIDED IMAGERY IN A WELCOMING SPACE THAT WILL HELP YOU REDUCE STRESS AND ENHANCE WELLBEING.

MONDAYS

TIME: 11:30AM - 1PM

COST

FREE OF CHARGE
DONATIONS APPRECIATED

LOCATION

ONLINE
*(ZOOM LINK PROVIDED
UPON REGISTRATION)*



Facilitators: Vicki & Vanessa

CALL TO BOOK YOUR SPOT
(02) 4721 8749