



## Healthy Women Facilitated by Aboriginal Women for Aboriginal Women

### Northbridge

227 Newcastle Street, Northbridge

### Joondalup

Lotteries House, Suite 6, 70 Davidson Terrace, Joondalup

Healthy Women is a free group for Aboriginal and Torres Strait Islander women to explore physical and brain health. Come along for a cuppa, yarn, and education. Workshops include:

- Tips and strategies to maximise physical, social and emotion wellbeing
- Wellbeing at every life stage
- Physical Activity and Movement
- Eating for health and wellbeing, on a budget and saving time
- Women's health and wellbeing issues

Morning tea snacks provided

For more information email: [aws@whfs.org.au](mailto:aws@whfs.org.au)



## Aboriginal Women's Service

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Tuesday: Joondalup  
commencing  
25/10/22

Friday: Northbridge  
commencing  
28/10/22

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10am- 12pm

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FREE

## Womens Health and Family Services

[www.whfs.org.au](http://www.whfs.org.au)

6330 5400