



Central West Women's
Health Centre presents:



Winter Wellness Workshops

A series of free events for women.

Budgeting Mini Workshop with Lifeline

Learn about budgeting with financial counsellors from Lifeline.

Date: Monday, 16 May 2022

Time: 10.30am-12pm

Basket Weaving with Lanny Mackenzie

Weave a basket, guided by Fibre Artist and Weaver, Lanny Mackenzie.

Date: Monday, 23 May 2022

Time: 10am-3pm

Drumming Fun with Ann-marie

Group drumming is great for our physical and mental health.

No experience necessary.

Date: Monday, 30 May 2022

Time: 11am-12pm

Cooking on a Shoestring with Lorraine

Learn how to cook budget-friendly, delicious, healthy, and easy soups for winter.

Date: Monday, 6 June 2022

Time: 10.30am-12pm

Attend one or all sessions.

To register contact the Centre on: (02) 6331 4133

Central West women's Health Centre
61 Boyd Street, Kelso

