



Midland
Women's
Health
Care
Place Inc.

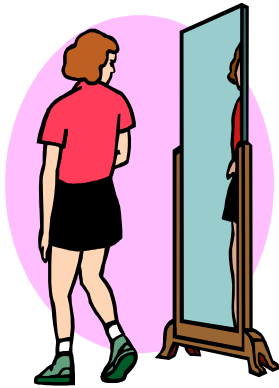
Call 9250 2221 to put your name on the list or check the website at www.mwhcp.org.au

TERM 3 , 2010 GROUPS & ACTIVITIES



Sleep Easy Meditation

Interrupted sleep, waking up in the night or having restless sleep interferes with many aspects of life. Learn a variety of techniques including relaxation to improve your health.



Self Esteem

Our self esteem fluctuates and wains as we progress through life. Through developing a healthy self image we can be better equipped to face life's challenges. A healthy self image can shape our lives and help us to bounce back building resilience. This course gives women some helpful techniques for building Self Esteem and coping skills for when your self esteem is low . Work with Monica our resident psychologist in a supportive and encouraging environment.



Belly Dancing

Have you ever wanted to try this exotic and life affirming form of dance? This opportunity is in a non-threatening environment. Quiet and secluded privacy to release your creativity and sensuality. Age and fitness levels are no barrier to joining in. Pamper yourself and explore costumes, music & dance.



Gentle Hatha Vinyasa Yoga

Hatha Vinyasa Yoga is a form of exercise to suit all fitness levels. Learn to unwind and connect with your breath and body. Yoga is based on physical postures and breath control. Achieve health benefits including reductions in stress and anxiety leading to a general feeling of wellbeing.

Also check out the NEW out of hours Yoga classes!

PLEASE NOTE: Only Groups that fill can go ahead. Discounts apply for Courses if paid in advance. Expressions of interest are encouraged.

Call on 9250 2221 !

"Many of our groups require a mature level of information processing and effective literacy and numeracy skills. If you have any questions, please do not hesitate to ask."



TERM 3 2010 TIMETABLE

Please note: Groups must reach a minimum number of bookings before they can run

ACTIVITY	FREQUENCY	DAY	DATE	TIME	COST	TYPE
Meet new Friends						
Belly Dancing	Weekly 7 sessions	Monday	19/7/2010	10-11.30am	\$56.00 Early Bird Disc \$50	Must Book
Care for Yourself						
Self Esteem	Weekly 6 sessions	Wednesday	18/8/2010- 22/9/2010	9.30-11.30am	\$50.00	Must Book
Gentle Yoga	Weekly 8 sessions	Friday	30/7/2010- 17/9/2010	9.30-10.30am	\$64.00 Early Bird Disc \$60	Must Book
Learn Something New and Useful						
Sleep Easy	One-off session	Monday	13/9/2010	1pm–2.30pm	\$10.00	Must Book
Taster Session						
Self Esteem	One off taster session	Wednesday	11/8/2010	9.30am- 11.30am	FREE	Must Book
NEW! Evening Class * For Bookings - Please Call Darleen on 0437 152 721						
Gentle Yoga Evening Classes	Weekly 10 sessions	Tuesday	20/7/2010- 21/9/2010	5.30-6.30pm	\$90 per term \$10 Casual	Must Book
Medical and counselling services –Bookings Essential						
Counselling for General Emotional Health	We have counsellors on staff most days for you to book in and talk to for short term counselling to do with all matters in life.					
Post Natal Depression	We have a specialist PND Counsellor on staff who can provide one-to-one support and small group therapy with a professional crèche.					
PAP Smear Clinic	Every Tuesday a nurse from FPWA provides Pap Smears from our centre. Book your free appointment today.					
Mobile GP Clinic	On Thursdays the Mobile GP operates from our Centre. Call us for your bulk billed appointment with a helpful and considerate female GP.					