



Penrith Women's
Health Centre
Established 1987

MINDFULNESS FOR RESILIENCE



JOIN OUR SUPPORTIVE 8-WEEK ONLINE PROGRAM FOR WOMEN TO BUILD INNER STRENGTH THROUGH MINDFULNESS. LEARN GENTLE MOVEMENT, BREATHING TECHNIQUES, AND GUIDED IMAGERY IN A WELCOMING VIRTUAL SPACE THAT WILL HELP YOU REDUCE STRESS AND ENHANCE WELLBEING.

WEDNESDAYS

FROM: 19TH FEB -
9TH APRIL 2025

TIME: 2PM - 3:30PM

COST

FREE OF CHARGE
DONATIONS APPRECIATED

LOCATION

ONLINE (ZOOM LINK
PROVIDED UPON
REGISTRATION)



Facilitators: Vicki & Vanessa

CALL TO BOOK YOUR SPOT
(02) 4721 8749