



Penrith Women's
Health Centre
Established 1987

G U I D E D

MEDITATION



FEELING STRESSED? BURNT OUT? IN NEED OF SOME TIME JUST FOR YOU?

JOIN US FOR OUR *WOMEN-ONLY* WEEKLY GUIDED MEDITATION SESSIONS, DESIGNED ESPECIALLY FOR HEALTHCARE & COMMUNITY WORKERS. EACH WEEK, WE'LL EXPLORE A DIFFERENT GUIDED MEDITATION TO HELP YOU RELAX, RECHARGE, & FIND INNER PEACE.

TUESDAYS

TIME: 5:30PM - 6:15PM
DURING SCHOOL TERM

COST

FREE OF CHARGE
DONATIONS APPRECIATED

LOCATION

PENRITH WOMEN'S
HEALTH CENTRE
63 Union Road, Penrith



Facilitator: Jen, meditation instructor

CALL OR TEXT JEN TO BOOK YOUR SPOT

0438 813 692