Liverpool Women’s Health Centre

Services include:

- Clinics for pap smears, breast checks, pregnancy advice, menopause, menstrual problems and contraception run by doctors and a women’s health nurse practitioner
- Acupuncture clinic (low income/Health Care Card)
- Naturopathic consultations (low income/Health Care Card)
- Support services for Aboriginal and Non English Speaking women.
- Individual counselling and support groups
- Health education and information sessions
- Information and referral
- Legal advice by a solicitor from Women’s Legal Services NSW
- Lobbying and advocacy on issues affecting women

All our services provided by women for women

The centre is wheelchair accessible.

Liverpool Women’s Health Centre

Let us know if you need childminding, as we may be able to organise it.

We welcome donations of $3.00 for sessions and groups

Booking for all groups and sessions is essential

Liverpool
Women’s
Health Centre

Group Calendar
April-June 2014

Location: 26 Bathurst Street
Liverpool
(Cnr of Campbell & Bathurst Streets)
Postal Address: PO. Box 65
Liverpool BC 1871
Ph: 9601 3555  Fax: 9824 0448
www.liverpoolwomenshealth.org.au
E-mail: lwhc@sswahs.nsw.gov.au
Follow us on Twitter @womens_lwhc

Opening Hours: Monday to Friday
9:00am - 5:00pm
We are closed during lunchtime from
1pm to 2pm

Funded by South Western Sydney Local Health District
**Upcoming Activities & Groups**

**April-June 2014**

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**ENROLMENT from Monday 28th April**

**Tai Chi For Health**....Maintain and build your flexibility with this gentle exercise. Wear loose comfortable clothes.

- **When**: Fridays 2nd May - 27th June
- **Time**: 10.00am – 10.45am Beginners
- **Time**: 11.00am – 12.00md Intermediate/Advance

**Laughter Club**.... A laughter club? You must be joking!! Well, we’re not. Academics estimate that we now laugh a quarter as much as we did in the 1930s. Laughter has many health benefits such as release of natural hormones called endorphins that lift mood and assist in well being. So come and drop in to laughter club which meets at the centre.

- **When**: Thursdays
- **Time**: 10.00am – 10.30am

**Aboriginal Women’s Group**.... Come along and meet up with sisters - discussions on a range of topics, guest speakers and workshops - more information Contact Mary 9601 3555

- **When**: Tuesdays fortnightly, confirm dates with Mary
- **Time**: from 10.00am

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**Mindful Strategies for Good Health**... A five week workshop exploring a range of self-care strategies to achieve your health goals. Topics covered: management of stress, anxiety, depression, insomnia, the development of healthy eating plans & exercise programs & self-care strategies.

- **When**: Tuesdays 6th May-June 3rd
- **Time**: 10.30am-12.30pm
- **Facilitators**: Ses & Suzy

Participants will need to attend a Pre Enrolment Interview on Tuesday 29th April and a Follow up Meeting Tuesday 24th June

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**Self Care Matters**...Practical workshop exploring the importance of self care and the elements that create resilience within a healing environment, for women living with challenging circumstances who seek peace, healing and wellness for themselves and their families.

- **When**: Wednesday
- **Time**: 9.30am-3.00pm
- **Facilitator**: Bernadette Arena

This workshop is offered in partnership with Quest for Life.

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**Healthy Heart**... Join our nurse practitioner Jo in a morning workshop exploring heart health, women & heart disease plus healthy heart recipe demonstration!

- **When**: Wednesday 14th May
- **Time**: 10.30am-12.30pm
- **Facilitators**: Jo & Sue

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**Being Mum**... A 5 week group for mothers/full-time carers of children from 1-13 years of age. In this group we will explore the pressures and challenges of parenting, including communicating with your children, managing behaviour, and getting the most out of ‘being mum’.

- **When**: Thursdays 29th May- 26th June
- **Time**: 10.00am-12.30pm
- **Facilitator**: Candy

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**BOOKINGS ARE ESSENTIAL FOR ALL GROUPS**

Enrolment for Term 2 groups open... Monday 28th April

For your comfort & safety group numbers are limited. Please book early

9601 3555

We welcome donations of $3 for health talks, sessions & groups.

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**DIABETES**...practical group exploring aspects of managing Diabetes this group will be of benefit to women who are living with Diabetes or caring for a family member or wishing to make healthy lifestyle choices. In partnership with Wetherill Park Community Centre - call 9756 1384 to book

- **When**: Mondays 12th May- 23rd June
- **Time**: 10.00am-12.30pm
- **Where**: Wetherill Park Community Centre call to make a booking: 9756 1384