



LWCHC GROUP PROGRAM TERM 3 2024

CALL RECEPTION 9560 3011 TO MAKE A BOOKING FOR ANY OF OUR GROUPS

NIA DANCE MOVEMENT

Wednesdays 11am-12pm
24 July to 25 September (10 weeks)
Annandale Community Centre

ART THERAPY

Fridays 2.30pm-4:30pm
2 August to 20 September (8 weeks)

YOGA WITH LISA (TWO GROUPS)

Mondays 9:30am - 10:30am
11:45am - 12:45pm
22 July to 23 September (10 weeks)

MEDITATION

Mondays 10:45 am - 11:30 am
22 July to 23 September (10 weeks)

ART THERAPY EXTENSION

For returning clients who have completed at least one art therapy course

Tuesdays 10.30am - 12:30pm
30 July to 17 September (8 weeks)
Mervyn Fletcher Hall, 81 Dalhousie
St Haberfield

THAO'S VIETNAMESE GROUPS

VIETNAMESE WOMEN'S SUPPORT GROUP

Tuesdays 10am-1.30pm

VIETNAMESE WOMEN'S WELLNESS GROUP

Every second Wednesday 9.30am-1pm

 **Leichhardt Women's**
COMMUNITY HEALTH CENTRE



lwchc

www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

