



## LWCHC GROUP PROGRAM TERM 1 2024

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

### **NIA DANCE MOVEMENT**

Wednesdays 11am-12pm  
17 January to 27 March (10 weeks)  
Annandale Community Centre

### **ART THERAPY**

Fridays 2.30pm-4:30pm  
2 February to 12 April (10 weeks)

### **YOGA WITH LISA**

Mondays 10am -11am  
5 February to 8 April (9 weeks)

### **MEDITATION**

Mondays 11.15am - 12pm  
5 February to 8 April (9 weeks)

### **ART THERAPY EXTENSION**

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

Tuesdays 10.30am - 12:30pm  
6 February to 9 April (10 weeks)

### **THAO'S VIETNAMESE GROUPS**

#### **VIETNAMESE WOMEN'S SUPPORT GROUP**

Tuesdays 10am-1.30pm

#### **VIETNAMESE WOMEN'S WELLNESS GROUP**

Every second Wednesday 9.30am-1pm

#### **WEEKLY WELLNESS PROGRAM FOR VIETNAMESE WOMEN**

**with yoga sessions and information**

Mondays 10am-12:30pm  
5 February to 29 April (10 weeks)  
71-75 Wangee Rd Lakemba

 **Leichhardt Women's**  
COMMUNITY HEALTH CENTRE



lwchc

[www.lwchc.org.au](http://www.lwchc.org.au)

LWCHC is funded by Sydney Local Health District