

# Summer Program

## FREE Tai Chi in the Park

- ◆ Stirling Square, Guildford
- ◆ Friday 13 & 20 January
- ◆ Meet 7:45 am for 8 am start

## Gentle Yoga

- ◆ Friday 13, 20 and 27 January
- ◆ from 9 am until 10:30 am
- ◆ \$30 for three sessions or \$15 casual



## OPEN DAY @ MWHCP

- ◆ Wednesday 1 February from 9:30 am until 12:30 pm
- ◆ Morning tea provided
- ◆ Exercise group demonstrations, well-being activities, health info. Find out more about our services

## Contact us to book or for more information

### Arts & Crafts

- ◆ Matisse – A Thousand and One Nights – Paper Collage
- ◆ Thursday 5, 12 & 19 January
- ◆ From 10 am until 12 noon
- ◆ \$30 for three sessions or \$15 casual

## Special Activities

### Mums & Bubs

- ◆ Socialize with coffee and cuddles
- ◆ Tuesday 10, 17 & 24 January
- ◆ From 10 am until 12 noon
- ◆ Enjoy large indoor play area
- ◆ Covered outdoor space

### Healthy Eating

- ◆ Come and enjoy Sensational Summer Salads
- ◆ Nutritional information
- ◆ Easy to make
- ◆ Tuesday 10, 17 & 24 January
- ◆ 12 Noon – 1.30pm
- ◆ \$30 for three sessions or \$15 casual

## Christmas Closing

The office will be closed from 12 noon on Friday 23 December for the staff party and will re-open on Wednesday 28 December 2016.



Midland  
Women's  
Health  
Care  
Place Inc.

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Healthy Women,  
Strong Communities

Counselling  
Group Therapy  
Pap Smear Clinic  
Group Activities