



wise women workshops

health and well-being for women over 45

FREE

The City of Cockburn invites you to a series of **FREE** monthly workshops to meet others and discuss topics that include: arthritis, well-being, nutrition, anxiety/worry and mindfulness.

Where


Cockburn Health & Community
Group Room, 1st Floor
Suite 14, 11 Wentworth Parade, Success

When

5.30 – 7.30pm, on the last Tuesday of
every month from February to November.

More information

To register please contact Linda Walker,
T: 9411 3859
E: lwalker@cockburn.wa.gov.au

 Accessible event, contact us for details.
This information is available in alternative
formats on request.

cockburn.wa.gov.au/support

