

Drop-In Relaxation



Take some time for yourself - just half an hour to feel relaxed and refreshed!

Get comfortable and enjoy a peaceful guided visualisation



Stay after the session for a cup of tea and a chat

Come every week or as you like!



These sessions will be held on
Thursdays 215-245pm
(excluding the first Thursday of the month)

From February 9, 2012

Prompt 215pm start. No late entry.
Gold coin request per session.

55 Thornley Street, Leichhardt



Leichhardt Women's
COMMUNITY HEALTH CENTRE

55 Thornley St (cnr Cary St) Leichhardt.
Run by women, for women since 1974.

**Call 9560 3011 or
email info@lwchc.org.au**

lwchc is funded by the NSW Department of Health