



LWCHC GROUP PROGRAM TERM 4 2024

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

NIA DANCE MOVEMENT

Wednesdays 11am-12pm
16 October to 11 December 2024
No Nia 13 & 27 November (7 weeks)
Annandale Community Centre

ART THERAPY

Fridays 2.30pm-4:30pm
18 October to 6 December (8 weeks)

YOGA WITH LISA (TWO GROUPS)

Mondays 9:30am - 10:30am
11:45am - 12:45pm
30 September to 2 December (9 weeks)
No yoga 7 October (Public Holiday)

MEDITATION

Mondays 10:45 am - 11:30 am
30 September to 2 December (9 weeks)
No yoga 7 October (Public Holiday)

ART THERAPY EXTENSION

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

Tuesdays 10.30am - 12:30pm
15 October to 3 December
(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