



PENRITH

HEALTHY

BODY MIND FAMILY

MINDFULNESS • HEALTHY INITIATIVES • COOKING

A free 4 week course for women with children 0 - 12 years of age.

THIS PROGRAM WILL COVER

- Breathing and relaxation techniques to teach your children
- Simple stretching (for all levels of fitness and flexibility)
- Meditation techniques
- Cooking a healthy family meal together

WHERE

Werrington Youth Centre,
Cottage Street, Werrington

WHEN

Wednesdays from
10th to 31st March 2021

TIME

9:30am to 11:30am

**For more information and to book please contact
TeRina on (02) 4732 1562 or email terina@communityjunction.org.au**

-
- Limited places available with child minding for a small number of children
 - Strict COVID-19 guidelines will be followed

Funded by Department of Social Services and Supported by Community Junction.

**CHILDREN'S
SERVICES
PENRITH
CITY COUNCIL**



penrith.city/childcare