

# HEALTHY EATING FOR STRESS & ANXIETY

ONE DAY WORKSHOP ON ZOOM  
10 AM - 11AM  
WEDNESDAY JUNE 10TH

**WILMA**  
Women's Health Centre

*Learn which foods will  
support & nurture your body  
during stressful times*

**BOOKINGS ESSENTIAL**  
please email [wilma@wilma.org.au](mailto:wilma@wilma.org.au)

For any enquiries or if you need help using ZOOM  
please call (02) **4627 2955**