

MEDITATION WITH JODIE

**7 WEEK ONLINE ZOOM COURSE
TUESDAYS 11.30AM - 12.30PM
STARTING MAY 19TH**

*Relaxation techniques and
meditation to help with
anxiety, stress and depression*

WILMA
Women's Health Centre

ALL LEVELS WELCOME

BOOKINGS ESSENTIAL

please email wilma@wilma.org.au

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