

NOURISHING YOUR BODY, MIND & SPIRIT

**4 WEEK ONLINE ZOOM COURSE
FRIDAYS 10.30AM - 11.30AM
STARTING MAY 29TH**

WILMA
Women's Health Centre

*A group for all women who would
love to learn more about how to
look after themselves physically
emotionally and spiritually*

BOOKINGS ESSENTIAL

please email wilma@wilma.org.au

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