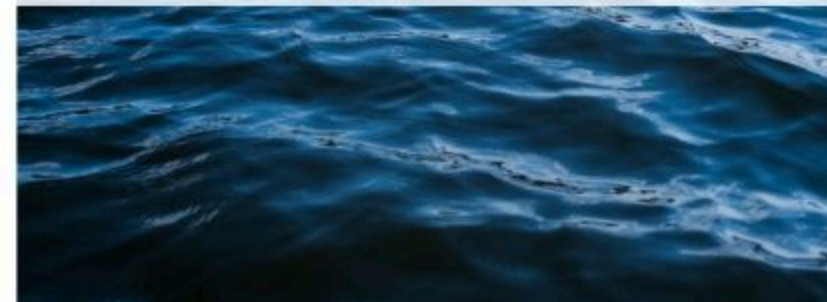


ONLINE GROUPS VIA **ZOOM** - TERM 2 2020

**ANXIETY & ACTIVITY
PLANNING IN ISOLATION**
Mondays 10 - 11.30am
from 18th May [6 weeks]




**LOTUS QIGONG &
MEDITATION WITH JESS**
Mondays 11.30am - 12.30pm
from 18th May [7 weeks]



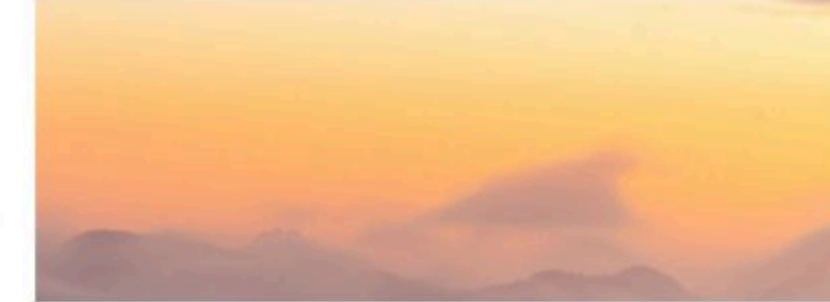
**MUMS & BUBS YOGA
WITH JODIE**
Tuesdays 10 - 11am
from 19th May [7 weeks]



**MEDITATION
WITH JODIE**
Tuesdays 11.30am - 12.30pm
from 19th May [7 weeks]



**ALL LEVELS YOGA
WITH JODIE**
Tuesdays 1pm - 2.30pm
from 19th May [7 weeks]



**METAL QIGONG &
MEDITATION WITH JESS**
Wednesdays 11.30am - 12.30pm
from 20th May [6 weeks]



**CHAIR YOGA
WITH JODIE**
Thursdays 9.30 - 10.30am
from 21st May [7 weeks]



**EMOTIONAL EXPRESSION
THROUGH ART**
Thursdays 1pm - 2.30pm
from 21st May [6 weeks]



**NOURISHING YOUR
BODY, MIND & SPIRIT**
Fridays 10.30 - 11.30am
from 29th May [4 weeks]



**LADIES LOUNGE
WITH LYN**
Fridays 1pm - 2pm
from 22nd May [6 weeks]



OTHER GROUPS & **ZOOM** EVENTS

**FACEBOOK LIVE:
CHATS WITH JENNY**
Friday Nights 7 - 8pm
from 22nd May [4 weeks]
No booking needed




**GETTING A GOOD
NIGHT'S SLEEP**
One Day Workshop
10 - 11am Wed, May 20th



**HEALTHY EATING FOR
STRESS & ANXIETY**
One Day Workshop
10am - 11am Wed, June 10th



**HEALTHY BLADDER &
BOWEL FOR ALL WOMEN**
One Day Workshop
1 - 2pm Mon, May 25th &
10 - 11am Wed, May 27th



BOOKINGS ESSENTIAL - please email - wilma@wilma.org.au

For any enquiries or if you are new to ZOOM please call us - We are always happy to help (02) **4627 2955**