



Immigrant Women's Health Service



Better Health Through **YOGA**

*Gain better mental and physical health!
Learn how to practise stress management skills, relaxation
techniques and physical stretching exercises!*

Come along and join us!

Day: Wednesday's

Time: 9.00 am to 10.00 am

Place: **Immigrant Women's Health Service**

92 Smart Street, Fairfield

For more information contact us on **(02) 9726 4044**

www.immigrantwomenshealth.org.au