

The New Healthy Filipino Women

**17 October to 5 December 2008
(8 Fridays) from 12:30 until 2PM**

IWHS Cabramatta Centre
McBurney Rd, Cabramatta (behind PCYC)

Looking after our bodies

Healthy eating

Accessing health services

Dealing with stress

Fun activities



**Afternoon Tea
provided**

This is a joint activity of:

Contact Persons: Myra or Lea

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