



Term 4
10 October- 21 December 2005

Wednesday
10:30am-1:00pm



Health Awareness Group for Spanish Speaking Women

McBurney Rd, Cabramatta 2166
(near Corner Railway Parade,
behind PCYC, front entrance
faces Cabra-Vale Park)

Phone: 02 9726 1016
Fax: 02 9728 7312
Email: iwhscabramatta@optusnet.com.au

If you concern about staying fit and healthy, the Wednesday meeting will allow you to stretch your legs, arms, and whole body that will help reduce your stress. It will also provide you with an opportunity to learn and share health information and therapeutic Folk Arts with other Spanish speaking women in the community.

Main activities of the day includes:

- Physical exercises
- Tai Chi lessons
- Information on health issues
- Therapeutic Folk Arts

**This is a joint partnership between Immigrant Women's Health Service and
Fairfield Migrant Resource Centre.**