



Term 4  
10 October-21 December 2005

Friday  
9:30am- 12:30pm



## Vietnamese Women's Health Group

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](mailto:iwhscabramatta@optusnet.com.au)

If you want to meet and share concerns with women from Vietnamese community, you should come to Friday's meeting. During the meeting, women learn not only about information on social and health related issues and services, but also they enjoy talking with each other and sharing their life experience.

Main activities includes:

- Health information: diabetes, lung cancer, breast cancer, etc
- Healthy eating- Cooking, Food sharing
- Singing
- Craft
- Exercises