



# 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!*

*Day: Wednesday*

*Time: 9:15am to 10:15am*

*And, Due to the high demand, IWSH initiated  
A new yoga group for Older Women*

*Wednesdays from 10:15 am to 11:15am*

**Come along and join**

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

92 Smart Street, Fairfield

For more information, please contact **(02) 9726 4044**

**[www.immigrantwomenshealth.org.au](http://www.immigrantwomenshealth.org.au)**

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