



Women's Wellness Program

Mondays 11am - 12.30pm
Commencing Monday 9th May 2022

Are you a woman living in the Hastings area looking to invest in your health & wellbeing?

Come along each week as we chat and experience all things:

- Mindfulness
- Meditation
- Movement
- Self Reflection
- Self Care
- Nutrition Tips & Tricks
- Healthy Habit Stacking

Port Macquarie Neighbourhood Centre
Cnr Muston & Dodds Street
Port Macquarie Ph 65838044

Light refreshments provided
Please note this is a fully funded program with no cost to participants