

What is a Wellness Centre?

A Wellness Centre provides older women with a different model of health and wellbeing. We offer an holistic approach to improving and maintaining health and coping with illness, by providing a variety of choices for healthy living. The Wellness Centre provides an informal, friendly and supportive environment. We are committed to:

- Flexible, "drop in" attendance.
- Learning from each other, as well as health professionals.
- Consumer involvement & participation.



NSW HEALTH
SYDNEY SOUTH WEST
AREA HEALTH SERVICE

The Wellness Centre is an accredited Active Over 50s Program Provider, for Gentle Exercise & Tai Chi, in partnership with the Sydney South West Area Health Service.

Older Women's Network Bankstown Wellness Centre

Bankstown Police & Community Youth Club
Cnr Meredith St & French Ave, Bankstown

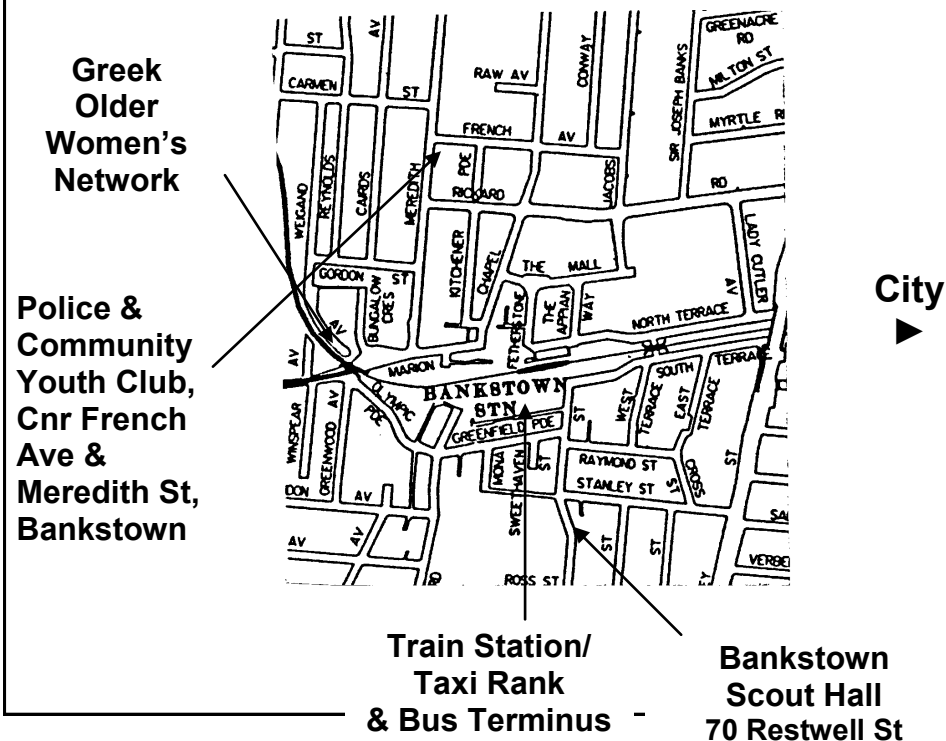
Telephone: 9708 2245

Fax: 9796 4950

Mobile: 0413 001 261

Email: bankstown@ownnsw.org.au

Location of Wellness Activities & Transport Links



Program

Term 1, 2010

Mon 1 Feb to Wed 31 March

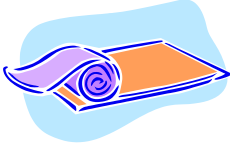


For older women...By older women

A Project of the Older Women's Network NSW
Funded by NSW Health

Older Women's Network Bankstown Wellness Centre

Tel: 9708 2245. Mob: 0413 001 261. Fax: 9796 4950. Email: bankstown@ownnsw.org.au. PO Box 3164, Bankstown 2200.

Term 1, 2010 - Monday 1 February to Wednesday 31 March

Mondays	Tuesdays	Wednesdays	
<p>● 9.30 am: Greek OWN Gentle Ex & Discussion. 4 Weigand Ave, Bankstown. Ph: Voula 9785 4557</p> <p>● 10.00 am -11 am: Feldenkrais Very gentle exercises on the floor. Bring a towel or mat. (► <u>Max No: 18.</u>)</p> <p>● 10.00-11.00 am: Arabic-speaking Group Gentle Exercise in a women-only environment. Scout Hall, 70 Restwell St, Bankstown. Ph: Marial Sabry 9780 2808</p> <p>● 11.15 am-12.45 pm: Decorative Art Learn how to make beautiful gifts and souvenirs.</p> <p>● 11.15 am-12.15 pm: Gentle Exercise Gentle movements. Exercise at your own pace.</p> <p>● 12.45 pm and 1.45 pm: Massage (2 x 1 hour sessions.) Relaxing & therapeutic. \$10 per massage. You will need to book & pay in advance.</p> <p>● 12.45 pm - 2.45 pm: Drumming Good for your circulation, co-ordination and balancing your emotions.</p>	<p>● 10.00am-11.30 am: Discussion Share experiences & ideas in a supportive environment.</p> <p>● 11.45 am-12.45 pm: "Wellness in Your Hands" 2 Feb: <u>How alcohol & smoking affect women.</u> Petra Will-Herat 9 Feb: <u>The latest info on Vitamin D.</u> Petra Will-Herat 16 Feb: <u>Going Batty.</u> Kathy Constantin 23 Feb: <u>Preventing dehydration.</u> Petra Will-Herat 2 March: <u>Detox diets: do you really need them?</u> Petra Will-Herat 9 March: <u>The quest for longevity. Are we going to extremes?</u> Petra Will-Herat 16 March: <u>Diet quiz.</u> Petra Will-Herat 23 March: <u>Trauma, Stress & Disease.</u> Petra Will-Herat 30 March: <u>The healing powers of Silica.</u> Petra Will-Herat</p> <p>● 11.45 am-12.45 pm: Line Dancing. A fun activity to exercise your body and brain. Helps to improve and maintain your balance, co-ordination & memory. Beginners are welcome!</p> <p>● 1 pm-2 pm: Tai Chi Learn gentle flowing movements and ways of breathing to improve fitness and create calm.</p>	<p>● 9.45 am-11.15 am: Gentle Yoga: Gentle yoga to meet the needs of older women. Enjoy stretches, breathwork and relaxation practices. Bring exercise or yoga mat and a beach towel.</p>  <p>● 11.45 am-12.45 pm: Gentle Exercise Half of this session is optional-on the floor <u>OR</u> on a chair ... your choice! (Please bring a mat if you are doing floor exercises.)</p>  <p>● 1.00-2.00 pm: Guided Relaxation Learn how to relieve stress and anxiety by calming your thoughts.</p> 	<p>Please Note: An older woman is generally considered to be 50 years and over. Aboriginal & Torres Strait Islander women aged 45 years and over are welcome to attend.</p> <p>Where are we? Most activities are held at Bankstown PCYC (see map over page) EXCEPT FOR :</p> <p>► Greek Older Women's Network: meets at 4 Weigand Avenue, Bankstown. Arabic-speaking Gent Ex group meets at Scout Hall, 70 Restwell St, Bankstown (opposite Public School).</p> <p>Costs: For a donation of \$20 per term, you can attend as many activities as you wish! (You will need to book and pay \$10 for a Massage.)</p> <p>► <u>All other activities operate on a "drop-in" basis.</u> ► <u>Feldenkrais has a maximum number of 18 participants (first 18 women who sign on.)</u> ► <u>Bankstown PCYC Membership is also required.</u></p> <p>Please Note:</p> <ul style="list-style-type: none"> • If you are taking part in a Physical Exercise activity, we require written approval from your doctor or health professional. We will provide you with a form to take to your doctor/health professional. • For gentle exercise, please wear comfortable clothes. <u>Rubber sole, lace-up shoes must be worn for gentle exercise.</u> Bring a mat for floor exercise. You are welcome to leave your mat in the Meeting Room (at your own risk). <hr/> <p>The Wellness Centre is ...</p> <ul style="list-style-type: none"> • an inclusive and welcoming environment for older women from all cultures; • non-competitive; • a place where older women have fun and support one another; • good for older women's health.