

## 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

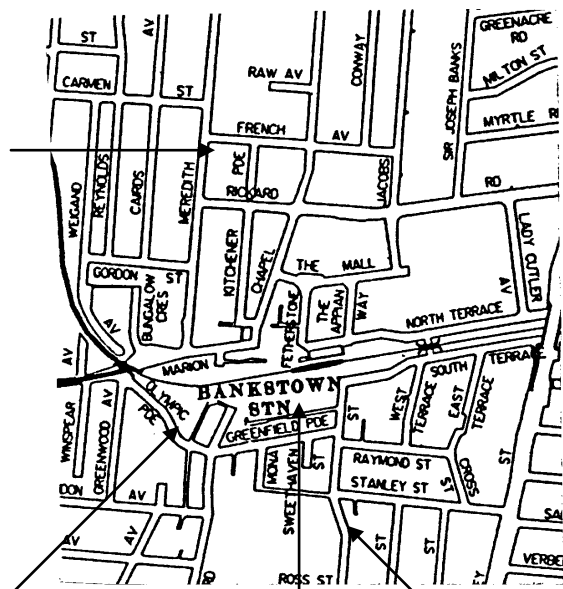
[bankstown@ownsw.org.au](mailto:bankstown@ownsw.org.au)

[www.own.org.au](http://www.own.org.au)

## Location of Wellness Activities & Transport Links

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

Greek Older Women's Network, Bankstown Arts Centre, Olympic Pde, Bankstown



City  
▶

Train Station/  
Taxi Rank  
& Bus Terminus

Bankstown  
Scout Hall  
70 Restwell St



## Program

Term 1, 2012

Mon 30 Jan to Wed 4 April

*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](mailto:bankstown@ownnsw.org.au). PO Box 3164, Bankstown 2200.

Term 1, 2012 - Monday 30 January to Wednesday 4 April

Mondays	Tuesdays	Wednesdays
<p>● <b>9.30 am: Greek OWN</b> <i>Gentle Ex &amp; Discussion.</i> <b>Ph: Voula 9785 4557</b></p> <p>● <b>10.00 am -11 am: Feldenkrais</b> <i>Very gentle exercises on the floor. Bring a towel or mat. (► Max No: 18.)</i> <i>*Please note new time:</i></p> <p>● <b>9.30-10.30 am: Arabic-speaking Group</b> <i>Gentle Exercise in a women-only environment. Scout Hall, 70 Restwell St, Bankstown.</i> <b>Ph: Marial Sabry 9780 2808</b></p> <p>● <b>11.15 am-12.45 pm: Decorative Art</b> <i>Learn how to make beautiful gifts and souvenirs.</i></p> <p>● <b>11.15 am-12.15 pm: Gentle Exercise</b> <i>Gentle movements. Exercise at your own pace.</i></p> <p>● <b>12.45 pm and 1.45 pm: Massage</b> <i>(2 x 1 hour sessions.) Relaxing &amp; therapeutic. \$10 per massage. You will need to book &amp; pay in advance.</i></p> <p>● <b>12.45 pm - 2.45 pm: Drumming</b> <i>Good for your circulation, co-ordination and balancing your emotions.</i></p>	<p>● <b>10.00am-11.30 am: Discussion</b> <i>Share experiences &amp; ideas in a supportive environment.</i></p> <p>● <b>11.45 am-12.45 pm: "Wellness in Your Hands"</b> <b>31 Jan: Summer Health: Insects</b> Petra Will-Herat <b>7 Feb: Summer Health: Headaches.</b> Petra Will-Herat <b>14 Feb: Summer Health: the Sun</b> Petra Will-Herat <b>21 Feb: Summer Health: Circulation.</b> Petra Will-Herat <b>28 Feb: Summer Health: Diarrhoea.</b> Petra Will-Herat <b>6 March: Whole Foods.</b> Petra Will-Herat <b>13 March: Health benefits of Gold.</b> Petra Will-Herat <b>20 March: Menopause &amp; Beyond.</b> Petra Will-Herat <b>27 March: Muscle Tension.</b> Petra Will-Herat <b>3 April: Is your immune system out of control?</b> Petra Will-Herat</p> <p>● <b>**NEW!** 11.45 am-12.45 pm: International Dancing</b> <i>Like dancing and music? Learn traditional dances from many cultures. A fun way to exercise!</i></p> <p>● <b>1 pm-2 pm: Tai Chi</b> <i>Learn gentle flowing movements and ways of breathing to improve fitness and create calm.</i></p>	<p>● <b>9.45 am-11.15 am: Gentle Yoga</b> <i>Suitable for older women. Enjoy stretches, breath work and relaxation practices. Bring exercise or yoga mat &amp; beach towel.</i> <b>Note:</b> <i>held in a smaller room during colder weather.</i></p> <p>● <b>11.45 am-12.45 pm: Gentle Exercise</b> <i>Half of this session is optional-on the floor OR on a chair ... your choice! (Please bring a mat if you are doing floor exercises.)</i></p> <div data-bbox="1025 901 1317 1166" data-label="Image"> </div> <p>● <b>1.00-2.00 pm: Guided Relaxation</b> <i>Learn how to relieve stress and anxiety by calming your thoughts.</i></p> <div data-bbox="1146 1329 1326 1525" data-label="Image"> </div>

**Please Note:** *Activities are for women who identify as older.*

**Where are we?** Most activities are held at Bankstown PCYC (see map over page) EXCEPT FOR:

Greek Older Women's Network: Bankstown Arts Centre, Olympic Pde Bankstown. Ph Voula 9785 4557.  
Arabic-speaking Gent Ex group meets at Scout Hall, 70 Restwell St, Bankstown (opposite Public School).

### Costs:

For a donation of \$25 per term, you can attend as many activities as you wish! (You will need to book and pay \$10 for a Massage.)

► Feldenkrais has a maximum number of 18 participants (first 18 women who sign on).

► Gentle Yoga has a maximum number of 14 during colder weather ONLY (first 14 women who sign on).

► All other activities operate on a "drop-in" basis.

► Bankstown PCYC Membership is also required.

### Please Note:

- Written approval from your doctor or health professional is required to participate in exercise. Forms are provided to take to your doctor.
- Appropriate footwear must be worn for all exercise activities: ask for a copy of our "Staying Safe" policy. Bring a mat for floor exercise. Mats, weights & bands can be stored, at your own risk.

### The Wellness Centre is ...

- 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.