

## Older Women's Network Bankstown Wellness Centre



### **“WELLNESS IN YOUR HANDS”** **Term 1 - 2010 (1 February to 31 March)**

Come and join us for some interesting sessions,  
in a supportive and welcoming environment,  
Tuesdays from 11.45 am to 12.45 pm, in the “Meeting Room”,  
at the Bankstown Police & Community Youth Club (PCYC),  
Cnr Meredith Street & French Avenue, Bankstown.

DATE	TOPIC
2 February	<b><u>How alcohol and smoking affect women.</u></b> After the party season: the lowdown for women. <b>Petra Will-Herat.</b>
9 February	<b><u>The latest information on Vitamin D.</u></b> Learn about new findings and recommendations. <b>Petra Will-Herat.</b>
16 February 	<b><u>Going Batty!</u></b> You've seen them at dusk. Where do they come from? Where do they go and what role do they play? <b>Kathy Constantin, Cabramatta Creek Flying Fox Committee.</b>
23 February	<b><u>Preventing Dehydration.</u></b> Hot temperatures are not the only risk factor. <b>Petra Will-Herat.</b>

Please turn over .....

**“WELLNESS IN YOUR HANDS” (Continued)**  
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DATE	TOPIC
2 March	<b><u>Detox Diets: do you really need them?</u></b> Learn about the inherent dangers. <b>Petra Will-Herat.</b>
9 March	<b><u>The quest for longevity. Are we going to extremes?</u></b> Find out which techniques are healthy and which could be dangerous. <b>Petra Will-Herat.</b>
16 March	<b><u>Diet quiz.</u></b> Test your knowledge and learn tips about maintaining a healthy weight. <b>Petra Will-Herat.</b>
23 March	<b><u>Trauma, Stress &amp; Disease.</u></b> Learn how trauma can affect body and mind and what help is available. <b>Petra Will-Herat.</b>
30 March	<b><u>The healing powers of Silica.</u></b> Learn about this health and beauty mineral. <b>Petra Will-Herat</b>

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You are welcome to attend any (or all) of these sessions.

Ring: 9708 2245 or 0413 001 261,  
for a program containing ALL of our activities.  
Email: [bankstown@ownnsw.org.au](mailto:bankstown@ownnsw.org.au)

An older woman is generally considered to be 50 years and over.  
Aboriginal & Torres Strait Islander women aged 45 years & over  
are welcome to attend.

Cost: \$20 per term.

Bankstown PCYC Membership is also required.  
(Please enquire at PCYC front office regarding PCYC membership fees).

(The OWN Bankstown Wellness Centre is a Project of the  
Older Women’s Network NSW Inc and is funded by NSW Health.)