

You're in good company with Illawarra Older Women's Network

Social isolation is a threat to the wellbeing and health of all and as women tend to live longer than men, more women suffer from this.

Being on a limited income restricts us more and decreases our ability to lead full and productive lives.

To enjoy healthy, senior years our minds and bodies need to be active. We need to do all we can to encourage and foster a willingness to get up and just do it.

Joining our group will give you the support you need to step out,

join the rest of us as we live our lives as fully as we can.



Older Women's Network

Mail:

87 Lower Fort Street, Millers Point

Phone:

(02) 9247 7046

Web:

www.ownnsw.org.au/illawarra.php

E-mail:

info@ownnsw.org.au

Illawarra OWN Wellness Centre

www.ownnsw.org.au/illawarra.php



Older Women's Network

The Older Women's Network

OWN is an organisation run by and for older women. OWN was established in 1985 with the aim of promoting the rights, dignity and wellbeing of older women through stimulating discussions and varied activities.

Illawarra OWN is part of the Older Women's Network NSW. There are twenty groups throughout NSW with similar groups in most other states. Illawarra OWN Wellness Centre comes under the OWN NSW umbrella.

Illawarra OWN meets on the first and third Thursday of the month at the Corrimal Library, Corrimal.

Contact through OWN NSW INC phone (02) 9247 7046.

Illawarra OWN

Illawarra OWN Wellness Centre is a friendly, Women only space.

It is a project of the Illawarra Older Women's Network and is situated in the Community Centre, Bridge Street Coniston which is next to the railway station (Eastern Side) and on Premier bus routes 10, 11 and 65.

Classes

Classes are held each Monday and all the facilitators are fully trained and experienced in working with older women.

10am to 11am Argentinean Drumming

11 15am to 12 15pm Tai Chi

12 30pm to 1 30pm Gentle Exercise

Contact: 0415 057 452

Our objectives are

To facilitate skills development and self empowerment,

- To foster in older women the desire to develop a state of wellbeing through exercise programs,
- To encourage friendship, mutual support and companionship amongst older women,
- To promote policies and lobby for reform on issues affecting older women such as:
 - Income security
 - Health
 - Transport
 - Home care.
 - Violence and abuse
 - Housing



There are now six Wellness Centres in NSW run by OWN to encourage older women to participate in activities that will improve their overall wellbeing and fitness through exercise of both mind and body.