

Illawarra Wellness Centre is a project of the Illawarra Older Women's Network

Social isolation is a threat to the well being and health of us all and as women tend to live longer than men, they are more likely to feel isolated.

Being on a limited income further restricts many people and decreases our ability to lead full and productive lives.

To enjoy healthy senior years our minds and bodies need to be active and we need to do all we can to ensure we foster a willingness to stay well by keeping active.

The Older Women's Network meet on the first and third Thursdays of each month at Corrimal Community Centre.

For further information please call

Margaret Chadwick: 4283 3135

Peggy Rodden: 4268 0856

ALL ARE WELCOME

An older woman is generally considered to be 50 years and over. Aboriginal & Torres Strait Islander women aged 45 years and over. All are welcome at the Wellness Centre

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.*

The Wellness Centre is ...

- *an inclusive, welcoming and safe women only 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.*

**You're in good company with
Illawarra OWN
Wellness Centre**

Contact

0415 057452 or 4228 7840

For older women... By older women

Illawarra OWN Wellness Centre

**Community Hall
24 Bridge Street**

Coniston



Older Women's Network

Illawarra OWN Wellness Centre

Classes held every Monday and Tuesday during school term

Community Hall, 24 Bridge Street, Coniston (next to railway station)

MONDAY

9.00 – 10.00 am

Tai Chi with Marta Venegas

Learn gentle flowing movements and ways of breathing to improve fitness and create calm.

10.15 – 11.15 am

International Dancing with Fiona Clarke

A fun activity to exercise your body and brain. Helps to improve balance, coordination and memory

11.30 – 12.00 pm

Extra Gentle Exercise for beginners with Michelle Leeder-Smith

Designed to improve core strength and balance before advancing to next stage. (Can be done sitting or standing)

12.00 – 1.00 pm

Gentle Exercise with Michelle Leeder-Smith

This class is for more serious fitness training, and like the extra gentle exercise it will also improve core strength and balance.

1.15– 2.30 pm

Argentinean Drumming with Barbara Malcolm

Learn ancient rhythms of Argentina while improving coordination, having fun and balancing your emotions.

TUESDAY

9.00 – 10.10 am

Thai Yoga for beginners with ChaiyaNoradechanunt, University of Wollongong

Enjoy stretches, breathing work and relaxation practices in a women only place. Bring yoga mat or beach towel.

10.10 – 11.30am

Thai Yoga for the more experience with ChaiyaNoradechanunt,

11.45 am – 1.00 pm

Ukulele Lessons with John Maguire

For beginners and experienced players. A fun class for those who have always wanted to give it a go but never had the opportunity

Workshops and other activities to be advised

Cost \$5.00 per class

Price cap of \$12 per day when taking part in multiple activities (excluding workshops)

New members joining fee \$10.00. First day free.

Fully trained instructors for all classes



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