

WOMEN'S PAMPER AND SELF-CARE

A pampering self-care program with fun activities for women. Time out for moms, carers and women to experience self-care through activities and socializing.

This is followed by a break and then the Mindfulness/Meditation program starts at 1.45pm. Group will run for 6 weeks.



VENUE: *Minnawarra House, 24 Numulgi St, Armadale*

DATE: *Thursdays, 8th August - 12th September*

TIME: *12.00noon-1.30 pm*

COST: *\$10/wk*

PH: 9497 1413