

Easy Steps to a Healthier You Workshop

**Come along to this workshop to
learn creative ways to improve
your health and wellbeing**

- Embrace healthy attitudes to food and exercise
- Look at the links between physical, mental and emotional health
- Learn new recipes, food tips and simple exercises
- Meet new people and create friendships

**Hunter Women's Centre, Mayfield
Tuesday 7th May**

9.45am (for a 10am start) to 2pm

Cost \$10, Morning Tea and lunch provided

Preference given to those who have not attended this workshop before

Phone 49682511 to register


hunter women's centre



Funded by Hunter New England Local Health District