

## What's happening at the Centre? – February 2012

Time	Monday	Cost
9.15-10.15am	<b>!!! FREE Yoga!!!</b> sponsored by RecLink	FREE Beginning 30 <sup>th</sup> January 2012
10.30-11.30am 7pm-8pm	<b>Belly-Dancing</b> with Renata	Beginning 6 <sup>th</sup> February 2012
1.30-2.30pm	<b>Fit Ball Fun</b> with Steph	Cost \$3
Time	Tuesday	Cost
9.30 am-2.30pm	<b>Massage</b> With Olivia	Beginning 31 <sup>st</sup> Jan 2012
10am-12pm	<b>Art &amp; Craft Group</b> With Jackalyn	Beginning 21 <sup>st</sup> Feb 1 <sup>st</sup> & 3 <sup>rd</sup> Tues of the month
Time	Wednesday	Cost
12.15-2.30pm	<b>Self-esteem Workshop</b> with Joan Burrows	Beginning 15 <sup>th</sup> February 2012
5.30pm-7pm	<b>Positive Living Yoga</b> with Amanda	Beginning 8 <sup>th</sup> Feb 2012
Time	Thursday	Cost
9am-12pm	<b>Singing &amp; Friendship Group</b>	Cost \$3 for the whole morning's activities
2.30pm-3.30pm	<b>Stretch &amp; Tone Class</b>	Cost \$3
Time	Friday	Cost
9am-10am	<b>Fit Ball Fun</b> with Steph	Cost \$3
9.30am-1.30pm	<b>Massage</b> with Sharon E	\$30 for ½hr / \$50 for 1hr discount for HCC
10am-3pm	<b>Studio Art Therapy</b> Open to all women	\$5 covers basic art materials Counsellor available to the group
Time	Saturday	Cost
9.30-10.30	<b>Zumba dance class</b>	Cost \$5

Logan Women's Health & Well Being Centre has a new venture

### 'PANDORA'S BOX'

Pre-Loved Clothes, Shoes, Bags, Belts, Books, Household items, Bric a Brac.  
New Annual Membership Fee of \$2.00.



Logan Women's Health  
and Wellbeing Centre

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## UPCOMING EVENTS

### Frontline Communication

#### Course

This one day training empowers frontline staff to immediately and effectively deal with difficult people and situations with compassion and confidence

#### NEW FORMAT

Cost \$99 per person includes lunch  
9am-4pm  
Friday 30<sup>th</sup> March

### Wake up Your Wellbeing

Giving you the tools to be happy and healthy. Enjoy the thrill of making a delicious treat for all to share

#### Special Offer

**2 for the price of 1**

Cost \$88 per person includes lunch  
10am-2pm

Saturday 31<sup>st</sup> March

See our new web-site at

[www.loganwomen.com.au](http://www.loganwomen.com.au)