



Women Living Well

A holistic program for understanding and managing the impacts of depression using creative art-based activities as well as education, information and sharing.

When: Thursdays 10-12pm

Dates: Commencing Thursday 30th July, then 6th August
13th August, 20th August, 27th August,
3rd September, 10th September

Where: Lower Mountains Neighbourhood Centre,
33 Hope St, Blaxland (next door to the Library)

Bookings Essential
Phone 4739-1164 to register

Cost \$15.00 for entire program—includes all art materials.
(No artistic ability is necessary)

*Partnership between
Lower Mountains Neighbourhood Centre &
The Blue Mountains Women's Health Centre.
Supported by Lower Mountains Family Support
Services and Springwood and Winmalee
Neighbourhood Centres.*

