

Holistic Wellbeing Group.

Supporting, social, physical, emotional & mental health

- Join our Health Professionals for a morning of all things women's wellness.
- Come along to listen and share your stories and ideas around mental & physical wellness for women. This group is an opportunity to develop yourself, improve your wellbeing and connect with like-minded women in a supportive environment.
- The session runs for 90mins with an optional walk afterwards. Please wear comfortable walking clothes and footwear.



Northbridge

Monday: 9.30-11am

Joondalup

Wednesday: 9.30-11am

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