

Holistic Wellbeing Group

SUPPORTING SOCIAL, PHYSICAL, EMOTIONAL AND MENTAL HEALTH

- Join our Health Professionals for a morning of all things women's wellness.
- Come along to listen, share and support others. Discuss strategies, tips and women's health information to improve your mental & physical wellness. 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 2hrs.



Northbridge

Monday (Weekly)

9.30-11.30am

Joondalup

Wednesday
(Weekly)

9.30-11.30am

luma.org.au

227 Newcastle Street,
Northbridge WA

Telephone: 6330 5400

Email:

intake@luma.org.au