

# Aboriginal Womens Services

## Yorgas Own Time – Merriwa

Aboriginal women are invited to join the Womens Health and Family Services Arts and Crafts & Health Promotion.

- Tips and strategies to maximise physical, social and emotion well-being.
- Women's health and wellbeing issues

Activities may include:

- Painting ▪ Jewellery making ▪ Weaving ▪ Clay work and much more...



## Yorgas Own Time — Merriwa

Wednesday  
10am -  
1:00pm

7th Feb — 27<sup>th</sup>  
Mar 2024

Merriwa — Pat Giles  
Wandjoo Centre

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**LUMA** FOR HER HEALTH  
AND WELLBEING