

# Aboriginal Women's Services

## Yorgas Own Time – Belmont

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...



All donations to this program are gratefully received and will enable others to receive support.

## Yorgas Own Time - Belmont

Tuesday  
10am – 1pm

16<sup>th</sup> July 2024 -  
17<sup>th</sup> September  
2024

Rivervale Community  
Centre – Belmont

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**LUMA** FOR HER HEALTH  
AND WELLBEING