

What is a Wellness Centre?

A Wellness Centre provides older women with a different model of health and wellbeing.

Through physical activities and discussion groups we offer a variety of choices for healthy living. We provide an holistic approach to improving and maintaining health and coping with illness. The Wellness Centre is an informal, friendly and supportive environment for older women.

We are committed to:

- Flexible “drop in” attendance.
- Learning from each other as well as health professionals.
- Consumer involvement and participation.

We are ... by older women.... for older women

Older Women's Network Bankstown Wellness Centre

Bankstown Police & Community Youth Club
Cnr Meredith St & French Ave, Bankstown

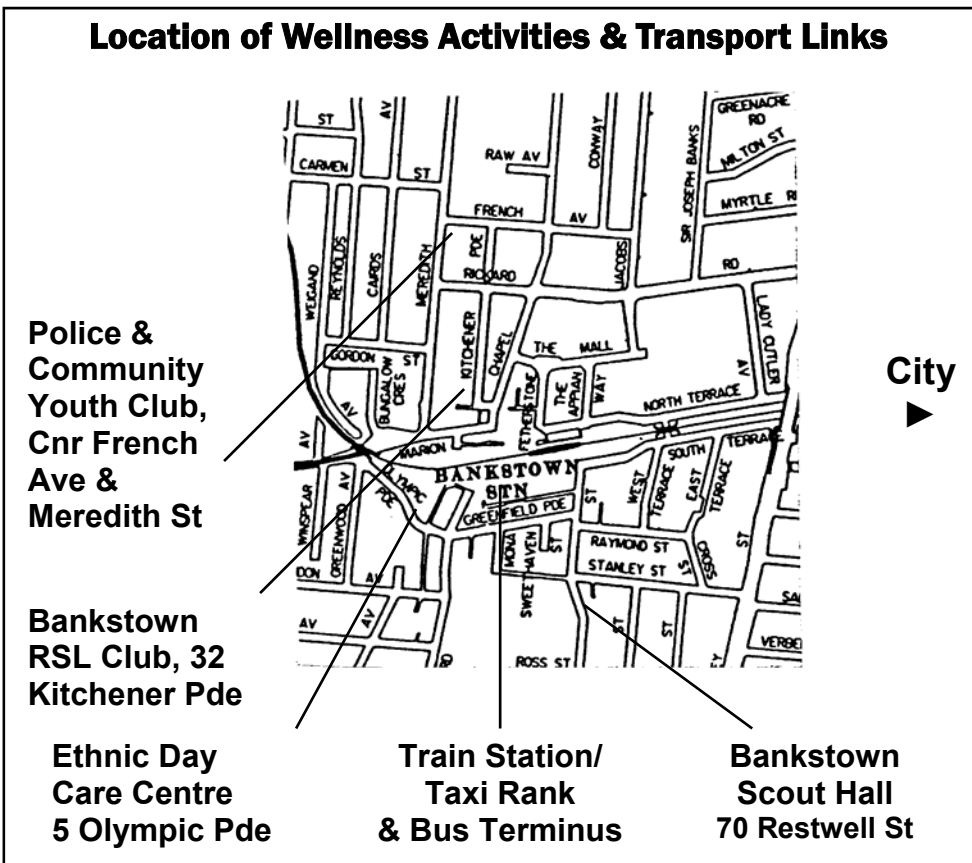
Telephone: 9708 2245

Fax: 9796 4950

Mobile: 0413 001 261

Email: ownbowwc@zip.com.au

Location of Wellness Activities & Transport Links



Program*

Term 2, 2007

Mon 23 April-Wed 27 June

... By older women

For older women ...

A Project of the Older Women's Network NSW

Funded by NSW Health Department

(*Programs are available in English,
Arabic, Greek & Vietnamese.)

Older Women's Network Bankstown Wellness Centre

Tel: 9708 2245. Mob: 0413 001 261. Fax: 9796 4950. Email: ownbowwc@zip.com.au. P.O. Box 3164, Bankstown 2200
Term 2, 2007 - Monday 23 April to Wednesday 27 June

Mondays	Tuesdays	Wednesdays
<p>●9.30 am: Greek OWN Gentle Ex & Discussion, Ethnic Day Care Centre. Ph: Voula 9785 4557</p> <p>●10.00-11 am: Feldenkrais Very Gentle exercises on the floor. Bring a towel or mat. (<u>Class Limit: 18.</u>)</p> <p>●10.00-11.00 am: Arabic-speaking Group Gentle Exercise in a women-only environment. Scout Hall, 70 Restwell St, Bankstown. Ph: Marial Sabry 9780 2808</p> <p>●11.15 am-12.45 pm: Decorative Art Learn how to make beautiful gifts and souvenirs.</p> <p>●11.15 am-12.15 pm: Gentle Exercise Gentle movements. Exercise at your own pace.</p> <p>●12.45 & 1.45 pm: Massage (2 x 1-hour sessions.) Relaxing & therapeutic. \$10 per massage. You will need to book & pay in advance.</p> <p>●12.45-2.45 pm: Drumming. Good for your circulation, co-ordination and balancing your emotions.</p>	<p>●10.00-11.00 am: Aqua Exercise. Exercise in an indoor heated pool. Excellent for arthritis or osteoporosis. Bankstown RSL Club, 32 Kitchener Parade, Bankstown. Pool entry: \$5 for RSL members. \$10 for non- RSL members. (<u>Class Limit: 22.</u>)</p> <p>●10.00-11.30 am: Discussion Share your experiences & ideas with other women, in a supportive environment.</p> <p>●11.45 am-12.45 pm: "Wellness in Your Hands" 24 April: <u>Alternative Health Update.</u> Petra Will-Herat. 1 May: <u>Control Issues: Perfectionism.</u> Petra Will-Herat 8 May: <u>Control Issues: Anorexia & Obsessive-Compulsive Disorder.</u> Petra Will-Herat 15 May: <u>Assets Test Update.</u> Linda Myring 22 May: <u>Care Call.</u> Jane Dobrovits. 29 May: <u>Living with Parkinson's.</u> Neil Sligar. 5 June: <u>Learning about our Local Community.</u> Silvana Gruber 12 June: <u>Your Family History.</u> Jennifer Madden 19 June: <u>The Cabbage Pharmacy.</u> Petra Will-Herat. 26 June: <u>New Tips for the Flu Season.</u> Petra Will-Herat.</p> <p>●1.00-2.00 pm: Tai Chi Learn gentle flowing movements and ways of breathing, to improve your fitness and create calm.</p>	<p>●9.00-11.00 am: International Dance Do you like dancing and music? Learn traditional dances from many cultures. A fun way to exercise.</p> <p>●10.00-11.00 am: Aqua Exercise Exercise in an indoor heated pool. Excellent for arthritis or osteoporosis. Bankstown RSL Club, 32 Kitchener Parade, Bankstown. Pool entry: \$5 for RSL members. \$10 for non- RSL members. (<u>Class Limit: 22.</u>)</p> <p>●11.30 am-12.30 pm: Gentle Exercise Half of this session is optional-on the floor <u>OR</u> on a chair ... your choice! (Please bring a mat if you are doing floor exercises.)</p> <p>●12.45-1.30 pm: Relaxation Learn how to relieve stress and anxiety by calming your thoughts.</p> <p>WEDNESDAY WORKSHOPS with Silvana Gruber</p> <p>► <u>WRITING WORKSHOPS:</u> From 10 am to 11.30 am on these dates only: 16 May & 20 June. ALL WELCOME!!</p> <p>► <u>"NOT HISTORY, BUT HERSTORY—FAMOUS WOMEN FROM THE PAST":</u> From 11.30 am to 12.30 pm on these dates only: 16 May & 20 June. ALL WELCOME!!</p>

Please Note: An older woman is generally considered to be 50 years and over. The Wellness Centre is for women living in the Bankstown Local Government Area.

Where are we? Most activities are held at Bankstown PCYC (see map over page) **EXCEPT FOR: Aqua Exercise**, which is held at the Bankstown RSL Club Pool, 32 Kitchener Parade, Bankstown. **Greek Older Women's Network** meets at Ethnic Day Care Centre, 5 Olympic Pde, Bankstown. **Arabic-speaking group** meets at Scout Hall, 70 Restwell St, Bankstown (opposite Public School).

Costs:

For a donation of \$10 per term, you can attend as many activities as you wish! Bankstown PCYC Membership: \$5 per year. You will need to book and pay \$10 for a Massage. **All other activities operate on a "drop-in" basis. Some activities have a maximum number of participants (refer to program).**

What to wear and bring:

- For gentle exercise, please wear comfortable clothes. Rubber sole, lace-up shoes **must** be worn for gentle exercise. Bring a mat for floor exercise.
- If you have any concerns about participating in any of our activities, please ask your doctor for advice.

The Wellness Centre is ...

- an inclusive and welcoming environment for older women from all cultures;
- non-competitive;
- a place where older women have fun and support one another;
- good for older women's health.