

Easy Steps to a Healthier You Workshop

**Come along to this workshop to
learn creative ways to improve
your health and wellbeing**

- Embrace healthy attitudes to food and exercise
- Look at the links between physical, mental and emotional health
- Learn new recipes, food tips and simple exercises
- Meet new people and create friendships

**Hunter Women's Centre, Mayfield
Tuesday 12 February
9.45am (for a 10am start) to 2pm
Cost \$10, Morning Tea and lunch provided**

Preference given to those who have not attended this workshop before

Phone 49682511 to register


hunter women's centre



Funded by Hunter New England Local Health District