

# Womens Wellbeing Day Workshop

***Is Self Care a Foreign Concept for You?***

***Come and Celebrate Women's Health Week***

***Learn creative ways to improve your health and wellbeing***

***Discover the possibilities...  
for nurturing yourself***

**Hunter Women's Centre, Mayfield**

**Wednesday 4th September**

**9.45am (for a 10am start) to 2pm**

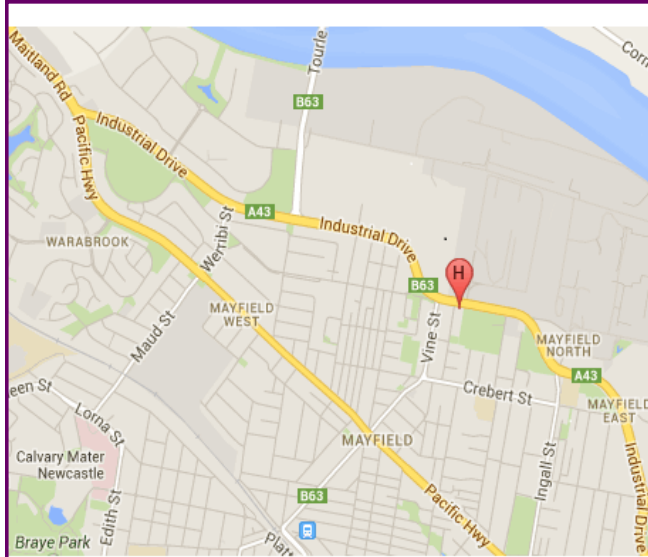
**Cost \$10, lunch provided**

**Phone 49682511 to register**

  
hunter women's centre



Funded by Hunter New England Local Health District



Funded by Hunter New England Local Health District

## Public Transport

### Buses from Hamilton Train Station

- 47 Norfolk Ave after Robert St (alight Barton/Bull St Mayfield)
- 11 Maitland Rd before Beaumont St (alight Maitland Rd, before Hanbury St Mayfield)
- 24 Albert St opp Hawkins Oval (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is  
Waratah with a 20 minute walk to the Centre

## Opening Hours

Monday to Thursday: 9am to 5pm  
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)  
Mayfield NSW 2304  
Phone: 02 4968 2511  
[admin@hwc.org.au](mailto:admin@hwc.org.au)